THE REAL FOOD ISSUE

March 2016

Prevention



EAT FOR A FLAT BELLY

28 Carbs That Melt Fat (Yes, it's true.)

100 BEST CLEAN FOODS

Get Your Waist Back in 10 Min a Day!

p. 60

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Colgate

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†Refreshes breath; restores natural calcium to teeth; repairs weakened enamel.

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March

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They're back! We tasted thousands of bars, drinks, and more to bring you this year's 100 best.

BY *Stephanie Eckelkamp*



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On our cover: Photograph by Jason Varney; food styling by Carrie Purcell; prop styling by Kaitlyn du Ross

GRACE HUANG

I AM SO IMPRESSED WITH THIS OTC NEXIUM24 PRODUCT

I am so glad Nexium is over the counter now ★★★★★ -Linda

★★★★★ -GINGY17

I WAS SO HAPPY TO HEAR YOU FINALLY HAD NEXIUM OTC ★★★★★ -SANDEE1950

HIGHLY RECOMMEND THIS PRODUCT ★★★★★ -GINGY17

I now can enjoy my favorite food again ★★★★★ -Jewel68

I'M SO GLAD IT'S OVER THE COUNTER ★★★★★ -TAMM

THANK YOU FOR A WONDERFUL PRODUCT ★★★★★ -ROYBOY64

I LOVE IT ★★★★★ -GRGGNMD1

It does the job well ★★★★★ -Peanut

IT WORKS! ★★★★★ -TAMMYKIN

Excited to see Nexium 24HR on the shelves ★★★★★ -John518

I RECOMMEND THIS PRODUCT TO ANYONE ★★★★★ -PATRICK34

THANK YOU NEXIUM 24HR ★★★★★ -RoyBoy64

I couldn't be happier that Nexium is over the counter ★★★★★ -Wanda4

SIMPLY AMAZING! ★★★★★ -STEVE1997

ROCKS LOVE IT ★★★★★ -SISSY

GO BUY IT'S ★★★★★ -STEVE1997

NEXIUM HAS REALLY WORKED FOR ME ★★★★★ -ASHLEE986

The search for a product that works for me is over. I will continue to use Nexium. ★★★★★ -Cara46

I'm so glad it's available OTC ★★★★★ -Cricket314

I would buy this product again and again ★★★★★ -Mikie59

NEXIUM 24HR HAS REALLY WORKED FOR ME. I SUFFERED FOR YEARS. SO GLAD I TRIED NEXIUM 24HR! ★★★★★ -ASHLEE986

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*Based on IRI sales data 52 weeks ending 11/1/15 among OTC brands. **It's possible while taking Nexium 24HR. Use as directed for 14 days to treat frequent heartburn. Do not take for more than 14 days or more often than every 4 months unless directed by a doctor. Not for immediate relief. May take 1-4 days for full effect. © 2016 Pfizer Inc.

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[3]

FUN, SMART THINGS WE ALL LEARNED THIS MONTH—AND HOW TO ACT ON THEM RIGHT NOW



BRUCE KELLEY
EDITOR-IN-CHIEF



Just a Little Perk from Us to You

Why has *Prevention* started its own coffee brand? Reason No. 1 is the research about coffee's benefits (sharpens memory, wards off diabetes and skin cancer, brightens mood). But it's also because we came up with a blend and a name that made us smile, and we thought you'd smile, too.
TRY THIS NOW: Go to *shop.prevention.com* and start pouring.

100% **That's how many more Thinables** than Wheat Thins you get to eat for the same calories. These crackers, described by food and nutrition director Sarah Toland as "ridiculously tasty," are made with resistant starch, the magical weight loss carb covered in "Eat These, Lose Weight" by staff writer Caroline Praderio. **TRY THIS NOW:** Head to *fibergourmet.com/wheat.aspx* to order. And turn to p. 74 for Caroline's full scoop on resistant starch.





Yes, She's Their Ob-Gyn

If you haven't seen this Tina Fey/Amy Poehler video...
TRY THIS NOW: Google "Dope Squad" and imagine your own glam posse, helping you truly conquer life. Funny!

FROM TOP: MITCH MANDEL. COURTESY OF RODALE. COURTESY OF FIBERGOURMET. NBC/GETTY IMAGES

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While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of heart disease.

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Dig In to Delicious

Bright, peppery greens; juicy grapes; creamy yogurt; meat so tender because you cooked it just right, all dressed with a spray of seasonal citrus and a toss of garden mint: This is what clean eating can look like. Simple but flavorful. Delicious but not fussy. Clean because you made it—and so fresh you can't help but dive in. Whether you start with our favorite chicken salad (shown here) or any recipe in this issue, when you cook with fresh, whole foods, you instantly start to eat clean—and everything tastes better.



PHOTOGRAPH BY CON POULOS; FOOD STYLING BY KHALIL HYMORE; PROP STYLING BY ALMA MELENDEZ

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INNOVATIVE HOT SOLUTION FOR PAIN

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THE LONG-TIME HEAT THERAPY TECHNIQUE THAT HAS BEEN USED BY WOMEN FOR PAIN RELIEF IS MAKING A COMEBACK. DISCOVER THE RELIEF AND HEALING YOU'VE BEEN LOOKING FOR WITH INNOVATIVE THERMACARE® HEATWRAPS.

Heat therapy has been used for centuries to combat women's backaches, muscle pain, joint pain and more. Its effectiveness lies in its ability to penetrate deep into the muscle right where it hurts, to relax, soothe and unlock tight muscles.

Clinical studies show the use of continuous low-level heat therapy, like that found in ThermaCare® HeatWraps, can be effective for some pain management. ThermaCare® patented heat cell technology combines iron, oxygen, water and salt in single-use heat wraps to allow real heat to penetrate deep into tissue, increasing blood flow to the source of pain to accelerate healing and relieve pain.

Nobody should be sidelined with pain. With a positive outlook and heat therapy, you are well on your way to a fast recovery. Visit **ThermaCare.com** to discover more ways to manage your muscle aches and pains.

5 WAYS HEAT HEALS:

1. Before exercising, applying heat can relax tight muscles and improve flexibility.
2. After an intense yoga or spin class, applying heat can reduce soreness and relieve aches and pains.
3. Increases blood supply and stimulates the elimination of waste products to relax soreness and stiffness.
4. Stimulates the sensory thermo receptors on nerve endings in the skin, which block your body's pain transmitters from sending pain signals to your brain.
5. Delivers soothing warmth to relieve menstrual cramps and associated back pain.



Use As Directed.

WHAT MAKES ThermaCare® DIFFERENT?

IT HEALS.



Unlike creams and rubs that mask the pain, **ThermaCare®** has patented heat cells that penetrate deep to increase circulation and accelerate healing.

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Health

BRAIN FOOD • INSOMNIA INTEL • A PAIN PLAN

Alzheimer's-Proof Your Brain

The Mediterranean diet has gotten more than enough press, but this scoop was too good not to share: People who followed the diet—heavy on whole grains, fresh produce, olive oil, and fatty fish; light on red meat and dairy—had physically bigger brains than people who didn't, found a recent study published in *Neurology*. Eating this way prevented the amount of decline that naturally occurs over 5 years of aging, explains lead author Yian Gu, an assistant professor of neuropsychology at Columbia University. That shrinkage can make you more forgetful and increase Alzheimer's risk. Not ready to commit 100%? Start by getting 3 to 5 oz of fish a week and limiting red meat to 3.5 oz a day. That alone can slow brain aging by a worthwhile 3 to 4 years.



The olive oil–rich Mediterranean diet can make your brain younger.

PHOTOGRAPH BY JASON VARNEY; FOOD STYLING BY KHALIL HYMORE; PROP STYLING BY STEPHANIE HANES

Try This 2-Second **Relationship Fix That Works**

Pop quiz: What's the very best sign of marriage satisfaction? Nope, not frequent sex! It's something much simpler: appreciation. According to a new study, feeling valued by a spouse was the most consistent predictor of how happy people were in their relationships. Make it work for you by finding out how you can do better, recommends study author Allen W. Barton, a postdoctoral research associate at the University of Georgia's Center for Family Research. Asking, "Do you feel appreciated?" seems simple (and yeah, kind of cheesy), but given its potential for a happily-ever-after payoff? Might be worth a try.



Being moved to say those two little words (and meaning it) is a good sign you'll stay together.

JACQUELINE MILLER/STOCKSY


healthy hearts for adventures ahead
Keep up with the life you love.
100% whole grain Quaker Oats can help reduce cholesterol as part of a heart healthy diet.*
QUAKER OATS
off you go
*3 grams of oat soluble fiber daily as part of a low saturated fat and cholesterol diet may help reduce the risk of heart disease. Old Fashioned Oatmeal provides 2 grams. Instant Quaker Oatmeal provides 1 gram.

IS IT TRUE THAT...

I should pee immediately after sex?





YOU DON'T HAVE TO SPRINT out of the bedroom, but yep, you should hit the head. While there's no firm data on this, it's possible that during sex a microscopic amount of bacteria can be transmitted up the urethra and into the bladder. If you're really unlucky, that can trigger a UTI. Emptying the bladder after sex (and even before for extra protection) may help flush that bacteria away—but snuggling a little first isn't the end of the world.

DR. JENNIFER ASHTON is cohost of *The Doctors*, senior medical contributor for ABC News' *Good Morning America*, and a practicing ob-gyn in New Jersey.

59% **That's how much a woman's chance of developing insomnia can be explained by her genes**, while only 38% of a man's risk is thought to be genetic. In a new study, researchers found that the sleep condition does seem to be passed down through families in general, but with a stronger influence on women than on men. If you're one of the unlucky ones, head to *prevention.com/prevent-insomnia* to finally get some sleep.

Source: Sleep



FROM TOP (LEFT TO RIGHT): PETER DAZELEY/GETTY IMAGES. ILLUSTRATION BY LAUREN NASSEF. FOTOPLANNER/GETTY IMAGES. ILLUSTRATION BY JESSICA KUSUMA



CAN YOU FIND THE CAT?

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Is It Sciatica?

You've been blaming your cursed sciatic nerve for ages, but is it really the root of your agony? Use our checklist to suss out the answer so you can leave that shooting leg pain far, far behind.

Your foot feels weak when you flex it. When the sciatic nerve—which runs down the entire leg—is pinched, it can cause pain, weakness, and tingling. Having all these symptoms in one leg is a red flag.

You can't summon your pain with a push. Use your thumb to firmly press the muscles in your lower back. If that makes your pain worse, you're probably achy from muscle tightness, not sciatica.

You find yourself sprinting to the bathroom. Thankfully, this is extremely rare, but if a slipped or herniated disk is putting too much pressure on the sciatic nerve, it can rob you of control over your bowels and bladder.

If one or more ring true, it's likely sciatica. A doc will formally rule out osteoarthritis and muscle tightness, and plot your next move: painkillers, physical therapy, or even surgery.

Sources: Alan Hilibrand, MD, American Academy of Orthopaedic Surgeons; Eric Mayer, MD, Cleveland Clinic's Center for Spine Health; Jacob Teitelbaum, MD

If it's sciatica, soothe it with the simple moves at *prevention.com/sciatica-stretches*.



WARREN GOLDSWAIN/OFFSET





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VICKS



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- ☐ Pale skin & dark circles under eyes
- ☐ Often have difficulty concentrating?
- ☐ Feel chilly or catch colds easily?
- ☐ Have brittle hair or fingernails that chip easily?
- ☐ Are you vegetarian?

The more questions you answered "yes" to, the higher your risk of being iron deficient. Iron deficiency often goes undetected, so you may want to ask your doctor for a serum ferritin test.



If you are feeling tired & run-down, Floradix could be the simple solution. Its unique low-dose formulation, with highly soluble iron gluconate as well as whole food concentrates and co-factor B and C vitamins, ensure that it is easily absorbed by the body. Floradix is an easily absorbed, plant-based, nonconstipating, liquid iron supplement with no artificial additives or preservatives and has been helping women reclaim their energy for over 60 years.*

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INSIDER'S GUIDE

6 Secrets Every Pharmacist Knows

We asked the people in the white coats for the inside track on filling prescriptions, using generics, and of course, deciphering doctors' handwriting.

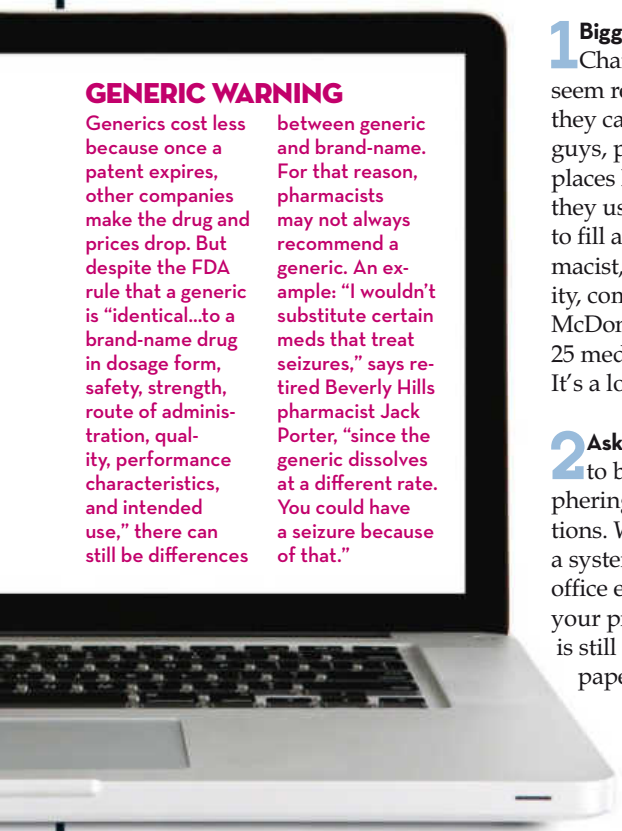
BY BROOKE PORTER KATZ ILLUSTRATIONS BY RYAN INZANA

GENERIC WARNING

Generics cost less because once a patent expires, other companies make the drug and prices drop. But despite the FDA rule that a generic is "identical...to a brand-name drug in dosage form, safety, strength, route of administration, quality, performance characteristics, and intended use," there can still be differences between generic and brand-name. For that reason, pharmacists may not always recommend a generic. An example: "I wouldn't substitute certain meds that treat seizures," says retired Beverly Hills pharmacist Jack Porter, "since the generic dissolves at a different rate. You could have a seizure because of that."

1 Bigger isn't always better. Chain-store pharmacies seem reliable and official—and they can be. But unlike the little guys, pharmacists at the big places have quotas, meaning they usually have 15 minutes to fill an Rx. One CVS pharmacist, who prefers anonymity, compares the process to McDonald's: "Sometimes it's 25 meds—bang, bang, bang. It's a lot of pressure."

2 Ask for an e-script. We need to be careful when deciphering handwritten prescriptions. We prefer e-prescribing, a system in which the doctor's office electronically sends in your prescription. If your doc is still handing you scribbled paper scripts, ask about this.





INSIDER'S TIP *YOU DON'T SWITCH DOCS EVERY MONTH; WHY JUGGLE PHARMACISTS? HAVING A RELATIONSHIP WITH YOU HELPS US MAKE SURE YOUR DRUGS ARE WORKING SAFELY.*

SPIDERSTOCK/GETTY IMAGES

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BOOST
Complete Nutritional Drink

Find BOOST® in the Nutrition Aisle.



DON'T BUY ONLINE EVERY TIME

Just because some prescription drugs are a click away and cost less online doesn't mean you should give in to the convenience. (The exception: something you've been taking regularly without any issues, like birth control pills.) "The biggest problem is people using meds incorrectly or not recognizing side effects," says Ronald Jordan, dean of Chapman University's School of Pharmacy in California.

3 Know what "as directed" means. This phrase written on a prescription tells us your doctor has explained how to use the medication. If she hasn't, ask us to explain it. We're happy to.

4 Refill at six pills, not one. You'll avoid an interruption in your medication that way—especially important for maintenance drugs, such as blood pressure meds.

5 Visit us in the morning. It's less busy before doctors' offices start calling. If you're in a rush, call ahead to confirm the script is ready.

6 Consider us allies regarding costs. We have no control over prices, but we're on your side. If a drug that used to cost $10 suddenly goes up to $150, we'll be your sounding board before you call your insurer.

Our insiders: Joey Jimenez, Total Pharmacy Supply; Ronald Jordan, dean of Chapman University's School of Pharmacy; Jack Porter, retired Beverly Hills pharmacist; Sally Rafie, medication safety specialist at UC San Diego Health System



ERIC DELMAR/GETTY IMAGES

INSIDER'S TIP *DON'T USE OUR CHECKOUT FOR LOTS OF NON-Rx STUFF, AND DON'T ASK US WHERE TO FIND THE BATTERIES. DISTRACTIONS CAUSE ERRORS.*

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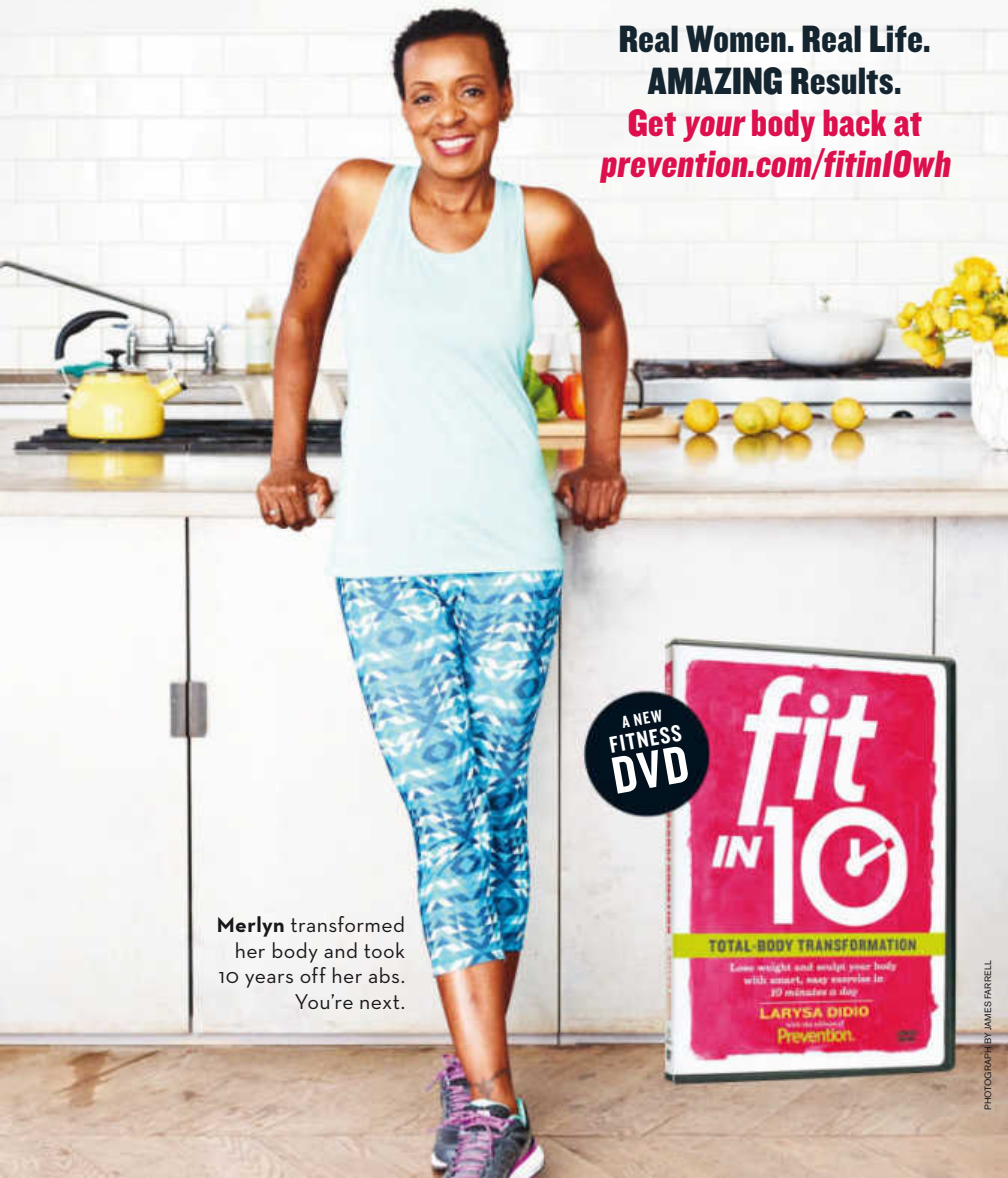
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10 MINUTES *to Fabulous*

From *Prevention*

Real Women. Real Life.
AMAZING Results.
Get *your* body back at
prevention.com/fitin10wh



Merlyn transformed her body and took 10 years off her abs. You're next.

PHOTOGRAPH BY JAMES FARRELL

PROBLEM SOLVED!

Type 2 Diabetes

BY RICHARD LALIBERTE

A cure may not exist, but if you have type 2 diabetes there are plentiful ways, DIY and medical, to keep that blood sugar in check. If you're diabetes-free, have at good habits like these to keep it that way—and get a massive boost to your overall health in the meantime.



Start Here!

RED WINE

In moderation, of course.

People with diabetes who drank 5 oz of wine with dinner (while on a Mediterranean diet*) had lower cholesterol and some improvement in blood glucose levels, compared with those who drank water, in a recent trial. (They were probably happier, too, but now we're just guessing.) Ethanol in alcohol may help control glucose; other good stuff in red wine (antioxidants!) has benefits, too.

***52%**

Diabetes rates are that much lower among older adults who eat a Mediterranean diet including olive oil, nuts, fruits, vegetables, and whole grains.

After-Meal Walks

Moving gives blood sugar someplace to go.

Working muscles soak up glucose better than sedentary ones do, so physical activity—especially right after eating—helps regulate blood sugar. Get your daily 30 minutes of movement after meals, and think "exercise in disguise"—getting up during TV commercials, walking during phone calls, taking the dog out, or working in the garden.

ARNOLD MEDIA/GETTY IMAGES



VINEGAR

Embrace tart for real impact.

Acid in vinegar seems to control blood sugar by slowing your body's absorption of carbohydrates and dulling hunger so you eat less. Eating 1 or 2 tablespoons (say, on a salad) with a carb-heavy meal has been shown to reduce blood sugar spikes by a quarter to over a third.

OLIVE OIL

A little goes a long way.

Healthy monounsaturated fats in olive oil have been linked to lower diabetes risk. But don't add it in without trading out your butter or mayo; cutting both dietary and body fat is a diabetes-treatment cornerstone because it boosts the body's sensitivity to insulin, the hormone that helps cells use blood sugar for energy.

FOOD TIMING

It actually matters.

Save your dinner roll for dessert: Eating protein, vegetables, and fat before carbs resulted in significantly lower postmeal blood sugar readings in a recent study. And make lunch your biggest meal, since research finds that blood sugar control is worse in the evening than earlier in the day.

LONGER SLEEP

Easier said than done, we know.

Studies find that people who regularly get 5 or fewer hours of sleep are more than twice as likely to have diabetes. Shorting your z's throws off body rhythms that help control blood sugar and boosts stress hormones that make it harder for the body to use insulin.

EISING STUDIO–FOOD PHOTO & VIDEO/STOCKFOOD



IT'S TIME TO DETOX.

CLEANSE FROM THE INSIDE OUT.

Flood your body with the cleansing power of Flor•Essence®. With each sip of this traditional herbal cleanse, the synergistic blend of herbs help release the toxins that build-up from everyday life. While it's easy to see when we're dirty on the outside, we can't see the toxins that are in the air we breathe, the food we eat, or even in our own homes. If you're feeling sluggish, tired, or just don't feel like your usual beautiful self—you could benefit from a cleanse. Gentle enough for daily use, Flor•Essence is a time-honored formula that makes detoxification easy. Let your body shine with the cleansing power of Flor•Essence.



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Cologuard is not for everyone. Cologuard is not a replacement for diagnostic or surveillance colonoscopy in patients at high risk for colorectal cancer. Both false positives and false negatives do occur. In a clinical study of Cologuard, 13% of people without cancer or precancer tested positive. Any positive should be followed by a diagnostic colonoscopy. A negative Cologuard test result does not guarantee absence of cancer or advanced adenoma. Following a negative result, patients should continue participating in a screening program at an interval and with a method appropriate for the individual patient. Cologuard performance when used for repeat testing has not been evaluated or established. Cologuard results should be interpreted with caution for individuals over age 75 as the rate of false positive results increases with age. Patients should not provide a sample for Cologuard if they have diarrhea or if they have blood in their urine or stool (e.g., from bleeding hemorrhoids, bleeding cuts or wounds on their hands, rectal bleeding, or menstruation). Rx only.

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exact sciences

MEDICATIONS

Options, options, options.

The go-to drug, metformin (Glucophage, Riomet), effectively lowers glucose and promotes weight loss. Plenty of other meds stock the arsenal, too, including GLP-1 receptor agonists (Byetta, Trulicity), which enhance the body's ability to release insulin, and the newer SGLT2 inhibitors (Farxiga, Jardiance), which help the kidneys excrete blood sugar in urine.

INSULIN

No longer a last resort.

Lately doctors have started suggesting synthetic insulin (Lantus, Humalog U-200, Toujeo) a bit earlier in treatment because it's a reliable and easily adjustable way to keep blood sugar levels stable 24/7. It's available in short- and long-acting forms and now can be dispensed in handy pen injectors.



WEIGHT LOSS SURGERY

Closest thing to a cure.

About 70% of people with diabetes who have surgery see the disease go into remission. The weight loss causes hormonal changes that keep blood sugar even. Consider it if your BMI is over 35 and drugs and habit changes haven't done the trick.

ONDREJVLADYKA/GETTY IMAGES

Sources: Kevin Furlong, DO, clinical associate professor at the Sidney Kimmel Medical College at Thomas Jefferson University in Philadelphia; Deborah Wexler, MD, associate professor of medicine at Harvard Medical School and clinical codirector of the Massachusetts General Hospital Diabetes Center in Boston

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Nutrition

LOVE THAT FAT • NEVER BINGE AGAIN



PHOTOGRAPH BY JASON VARNEY; FOOD STYLING BY KHALIL HYMORE; PROP STYLING BY STEPHANIE HANES

The Fat Fest Just Got Real

Eating fat is now accepted as a key to weight loss and health, but are RDs really giving the green light to *lard*, or animal fat? You bet. About 50% of lard's fat is heart-healthy monounsaturated, plus it has less saturated fat than butter, takes longer to go rancid than many oils, is a top source of vitamin D (1 Tbsp of pasture-raised has up to 17% of the RDI), and, most important, tastes great. Low-quality lard can have trans fat, so look for a trusted brand like Epic Pork Lard ($9).

Your Body on a Junk Binge

Inhaling sugary or fatty carbs may give you a temporary high, but what are the other short-term effects of one too many cookies? Here's what happens in the first few hours after you overdo it.

1. MOUTH
Eating sugary, fatty processed foods creates more saliva. The more saliva, the better food tastes, increasing your likelihood of overeating.

2. TEETH
The more junk you eat, the more sugar clings to teeth and reacts with bacteria to produce enamel-damaging acid.

3. GUT
Refined carbs break down into sugar more quickly than other foods, so blood glucose peaks quicker, within 45 minutes.



4. BRAIN
The blood sugar boost causes a surge in mental energy while stimulating "happy" hormones like dopamine that trigger calm and contentment.

5. BLOOD
After excess sugar is used or stored, blood glucose and insulin drop, causing sugar cravings and hunger.

6. LIVER & MUSCLES
When there's no more room for glycogen in the liver and muscles—that's where unused blood sugar is stored—it's converted to body fat.

BREAK THE CYCLE!
Eat protein- and fiber-rich meals and snacks that control blood sugar, not sugary stuff that perpetuates the cycle. Think: apple with peanut butter or grilled chicken salad with brown rice.

Sources: Jessica Fishman Levinson, RDN; Steven A. Witherly, PhD; Journal of Diabetes Science and Technology

MARK WEINBERG/OFFSET. ILLUSTRATION BY JESSICA KUSUMA

YOU CAN'T BEAT ZERO HEARTBURN*



LARRY THE CABLE GUY, ACTUAL USER

#1 DOCTOR RECOMMENDED

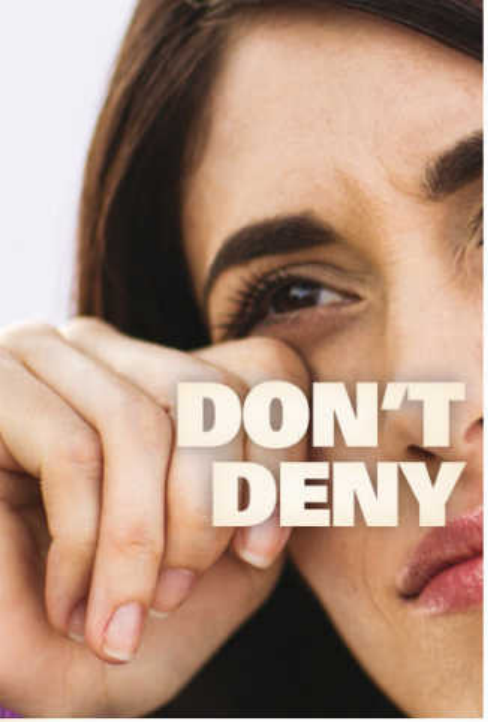
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#1 Doctor† recommended,
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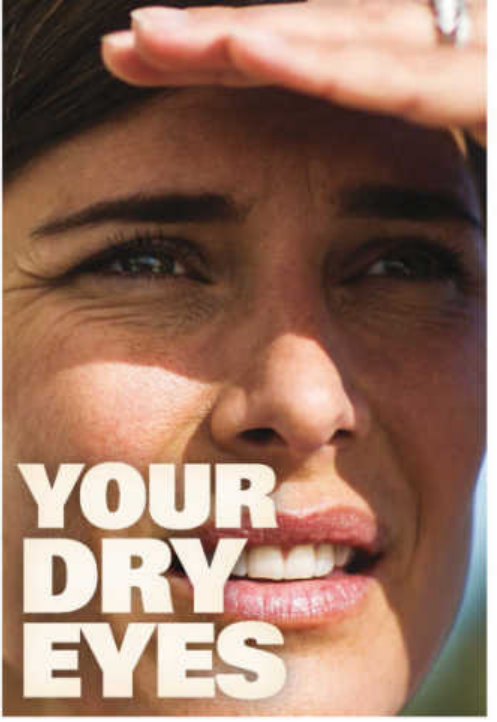


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*It's possible while taking Prilosec OTC. Use as directed for 14 days to treat frequent heartburn. May take 1-4 days for full effect. ^†AlphaImpactRx ProVoice™ Survey, Jan 2005 - Mar 2015.
^^Pharmacy Times Surveys, Acid Reducer/Heartburn Categories 2006 - 2015.

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It may surprise you that if you're experiencing any of these symptoms, you may have **Chronic Dry Eye disease:**

- **Dryness/itching**
- **Burning/stinging**
- **Feeling like something is in your eye**
- **Sensitivity to light**
- **Blurry vision**
- **Problems wearing contact lenses**
- **Watering eyes**

Chronic Dry Eye can limit your ability to perform daily activities that involve your eyes. Over time it can have potential consequences for your eyes—damage to the front surface of the eye, increased risk of infection, and effects on your vision. The good news is that treatment options are available.





TAKE ACTION NOW

- **SCHEDULE** a medical exam with your optometrist or ophthalmologist to see if you have Chronic Dry Eye. Don't wait.
- **GO TO mydryeyes.com, TAKE** a brief questionnaire eye doctors use to assess Chronic Dry Eye, and **SHOW** the results to your eye doctor.

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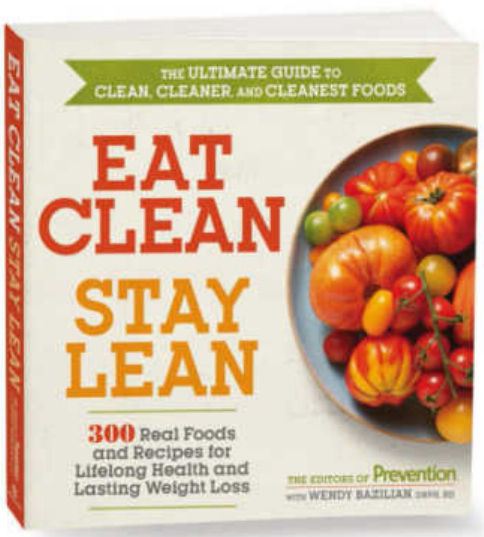
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My DRY EYES



Real Food for Real Weight Loss—Real Fast!

EATING HEALTHY REALLY MEANS EATING CLEAN, or choosing whole foods with the least amount of processing and fewest ingredients. And to help you eat better, the editors of *Prevention* have created *Eat Clean, Stay Lean*—your easy-to-use, visual guidebook to better health, delicious food, and a slimmer you. This guide shows you how to make 50 smarter choices in the supermarket and 150 cleaner fast meals at home so you can enjoy real, worry-free food that tastes great.



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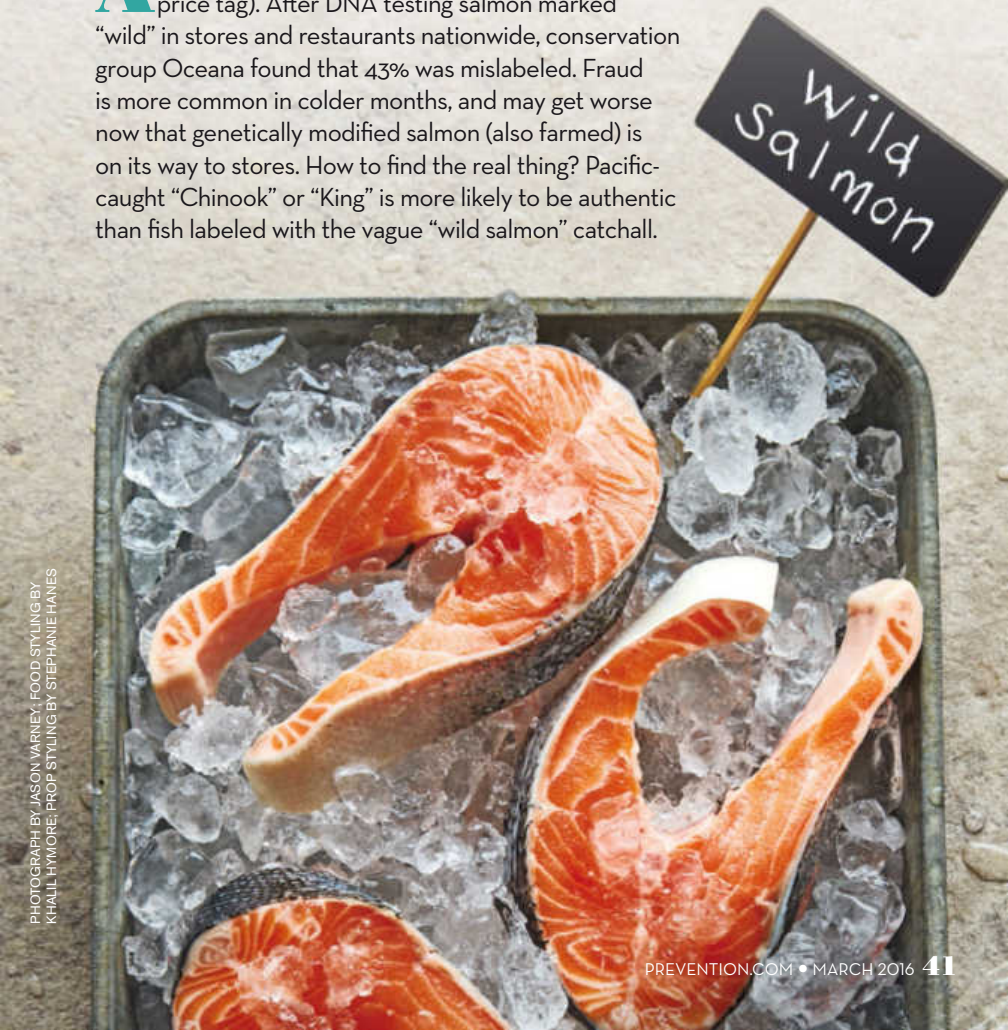
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eatclean

FISH FRAUD • CLEANING UP COFFEE • SALAD SUPERFOOD

Is Your Salmon Actually Wild?

Alas, you can't always trust the label (or the hefty price tag). After DNA testing salmon marked "wild" in stores and restaurants nationwide, conservation group Oceana found that 43% was mislabeled. Fraud is more common in colder months, and may get worse now that genetically modified salmon (also farmed) is on its way to stores. How to find the real thing? Pacific-caught "Chinook" or "King" is more likely to be authentic than fish labeled with the vague "wild salmon" catchall.



PHOTOGRAPH BY JASON VARNEY; FOOD STYLING BY KHALIL HYMORE; PROP STYLING BY STEPHANIE HANES

Short on time? Find the best junk-free bars you can buy with our cleanest picks on p. 113.

EASY SNACKS

No-Bake Energy Bars and Bites

For a natural energy boost without the junk—and without having to turn on the oven—whip up any of these whole food–based bites, bars, or squares. All three can be stored in an airtight container for up to 1 week, and you'll avoid the weird protein isolates, preservatives, and lab-made sweeteners of some processed bars.



1. Apricot, Pistachio & Cardamom Squares

In food processor, pulse 3 cups **raw shelled pistachios** until finely chopped. Remove 1 cup nuts; set aside. Add 2 cups **dried apricots**, 1¼ cups **cashew butter**, ⅔ cup **chia seeds**, ½ cup **honey**, 2 tsp **vanilla**, and 1 tsp each **cardamom** and **cinnamon** to processor; pulse until smooth. Sprinkle half of the cup of reserved nuts into 9" x 9" parchment-lined pan. Press apricot mix into pan, then add remaining pistachios on top. Let stand until firm, about 1 hour. Cut into 30 squares.

2. Cherry-Ginger Granola Bars

In food processor, pulse ¾ cup **almond butter**, ½ cup **raisins**, ¼ cup **honey**, and ¼ tsp **ground ginger** until smooth. Transfer to bowl. Add 2 cups **toasted rolled oats**, 1 cup **roughly chopped raw almonds**, ¾ cup **dried cherries**, and ⅓ cup **finely chopped crystallized ginger** and knead until well combined. Press into 9" x 9" parchment-lined pan. Sprinkle with **salt**. Let stand until firm, about 2 hours. Slice into 16 bars.

3. Mexican Chocolate & Coconut Bites

In food processor, pulse 2 cups **pitted dates**, 1 cup **raw cashews**, ½ cup **raw sunflower seeds**, ¼ cup **unsweetened desiccated coconut**, ¼ cup **cocoa powder**, 2 Tbsp **coconut oil**, 1 Tbsp **honey**, 1 tsp **cinnamon**, and ¼ tsp **cayenne** until smooth and doughlike. To make each bite, roll 2 Tbsp dough into small ball, then roll in additional unsweetened coconut. Makes 2 dozen balls.



PHOTOGRAPH BY JASON VARNEY; FOOD STYLING BY KHALIL HYMORE; PROP STYLING BY STEPHANIE HANES

Hungry for more healthy choices? Get the Eat Clean, Stay Lean book at prevention.com/ecsl.

EAT CLEAN, STAY LEAN

Coffee

Nothing beats an invigorating morning roast. To get the max health benefits out of your buzz, make sure you choose a quality brew.



✶

NOT CLEAN

FLAVORED GROUND

Flavored picks like French vanilla are rarely made with actual vanilla—they use synthetic flavors that aren't required to be tested and may trigger allergic reactions and headaches.



✶✶

CLEAN

PLAIN WHOLE BEAN OR GROUND

Daily joe has huge health benefits like fighting heart disease. But conventional can contain trace toxins, so opt for beans from Ethiopia, which are grown with fewer pesticides.



✶✶✶

CLEANEST

FAIR TRADE, ORGANIC WHOLE BEAN

Fair Trade means fair wages for workers; organic means no toxins. Not to brag, but ***Prevention*'s Don't Burn Out Coffee** ($15; *shop.prevention.com*) boasts both labels.



The Pond Scum **You'll Want to Eat**

Algae-derived foods are the hot health trend right now, but before you try them, know that not all pond scum is created equal. Skip algae oil and supps, and look for spirulina or chlorella—each is super-nutrient-dense and can act like a natural multi, with vitamins and minerals hard to get from food in colder months. To try it, add 1 to 2 teaspoons to smoothies or salads.

FROM TOP (LEFT TO RIGHT): STEVE GORTON/GETTY IMAGES. ADAM SMIGIELSKI/GETTY IMAGES. MITCH MANDEL. MAGONE/GETTY IMAGES

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Beauty

SKIN BREAKTHROUGH • BRIGHT EYES



HARRY VORSTEHER/GETTY IMAGES

Forget Beauty Sleep, It's Beauty Hour

Get this: Your skin works its hardest for about 1 hour per day: 11 PM to midnight. Research shows this is when skin repair and renewal peak. "It's when cells need nutrients most and anti-aging products can have the most impact," says NYC derm Dennis Gross. The process is triggered by natural light cycles, not your sleep schedule—so whether 11 PM is bedtime or not, cleanse, exfoliate, and moisturize before then. Products with vitamins A, B, and C are the best options for reducing wrinkles and upping protection just when you need it most.

Source: Journal of Drugs in Dermatology

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6 MAKEUP RULES FOR YOUNGER EYES

Time is no friend to the eyes, but makeup is! Use these stealth strategies to disguise, define, brighten, and lift.

1

ALWAYS PRIME

Prep lids to smooth, color-correct, prevent creasing—and look instantly younger. **TRY Smashbox 24 Hour Photo Finish Shadow Primer** ($20)

2

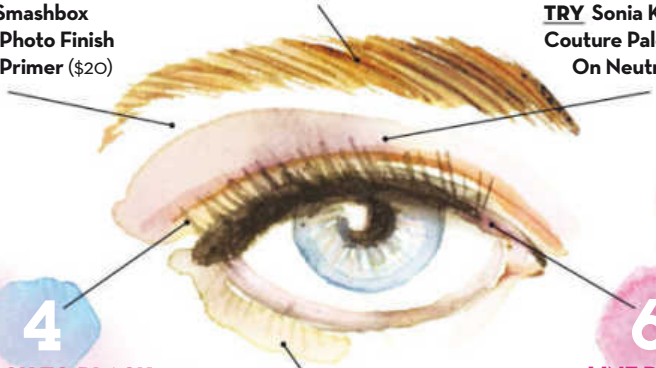
DEFINE YOUR BROWS

But skip the harsh pencil. Use a small brush to apply a brow-matching shadow. **TRY Maybelline New York Brow Drama Pro Palette** ($13)

3

MAKE IT MATTE

Shimmer atop wrinkles draws attention, but matte shadow smooths and conceals fine lines. **TRY Sonia Kashuk Eye Couture Palette in Eye On Neutral** ($20)



4

GO BACK TO BLACK

Black mascara is always flattering. Focus on top lashes; mascara on bottom lashes will flake and add under-eye darkness. **TRY Elizabeth Arden Grand Entrance Mascara** ($24)

5

CONSIDER COLOR

Concealers with yellow undertones hide dark circles. **TRY It Cosmetics Bye Bye Under Eye Anti-Aging Concealer** ($24)

6

LINE RIGHT

Use gel liner as close to your lash line as possible for the illusion of thicker, darker lashes. **TRY Bobbi Brown Long-Wear Gel Eyeliner** ($26)

SAMANTHA HAHN

Sources: Michelle Radow, celebrity makeup artist; Tomy Rivero, celebrity beauty expert

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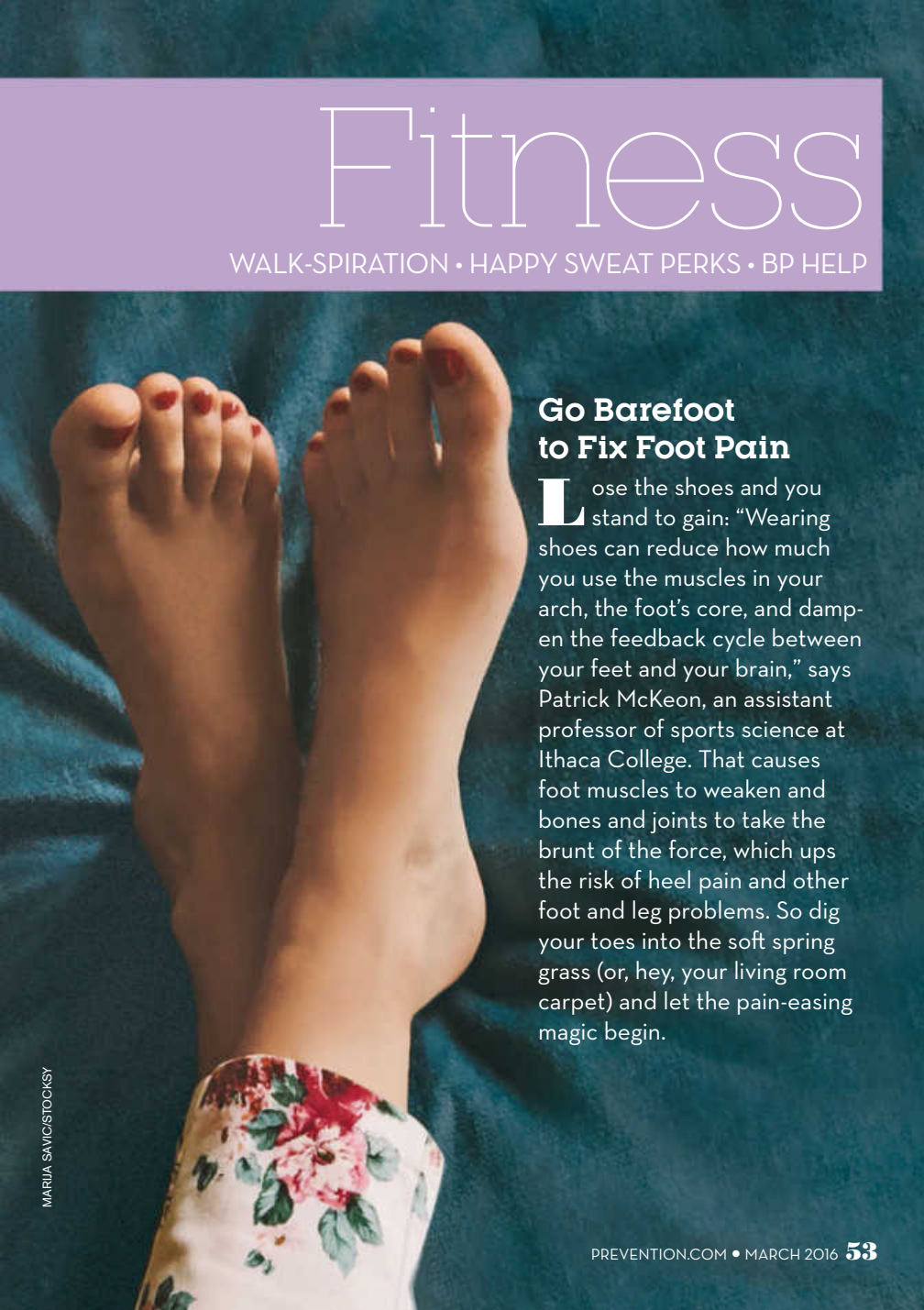
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Fitness

WALK-SPIRATION • HAPPY SWEAT PERKS • BP HELP



MARIJA SAVIC/STOCKSY

Go Barefoot to Fix Foot Pain

Lose the shoes and you stand to gain: "Wearing shoes can reduce how much you use the muscles in your arch, the foot's core, and dampen the feedback cycle between your feet and your brain," says Patrick McKeon, an assistant professor of sports science at Ithaca College. That causes foot muscles to weaken and bones and joints to take the brunt of the force, which ups the risk of heel pain and other foot and leg problems. So dig your toes into the soft spring grass (or, hey, your living room carpet) and let the pain-easing magic begin.










"My husband, Phil, is my favorite walking buddy."



"Kitchen shoes look dorky, so it's either these Vans High Tops or Converse. They're cute and comfortable."

JODY HORTON

Why I Walk

CALLIE SPEER

31, PASTRY CHEF

PERPETUAL MOTION

"I'm the executive pastry chef at the Hotel Van Zandt in Austin, TX, and I spend 90% of my day walking. If I'm not running between the restaurant, the café, and banquet rooms, it's a quick trip to grab an ingredient."

BODY BENEFITS

"I've sort of always been a skinny twig, but walking has helped me stay healthy, even with two kids and a hectic job."

STATS

13,000
Average steps per day

15
Average number of hours she's on her feet each day

OUTSTANDING OUTLET

"My career can be crazy, so when I'm stressed out, irritated, or bored or if I just need a moment for myself, I go for a quick walk around the block. I always see something cool; that's one of the reasons I love living and working in Austin."

FIGHT **OFFICE STRESS** THE EASY WAY

When your job starts to feel like a miserable chore, squeeze in a quick walk or trip to the gym. Even as little as one workout a week can help banish work anxiety, found a recent study. People who sweated it out at least that often cut their scores by half on measures of burnout and depression, and were faring much better than their sedentary peers after 18 months. So, what are you waiting for?

Source: BMC Psychiatry

3 min

The amount of time spent on gentle movement—such as walking or simple moves like chair squats—that can lower systolic blood pressure by 10 points if you do it every 30 minutes. Sounds like a decent ROI to us!

Source: American Heart Association



FROM TOP: LUMINA/STOCKSY. BARIS SIMSEK/GETTY IMAGES

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*Usages for Hyland's products are based on traditional homeopathic practice. They have not been reviewed by the Food and Drug Administration.

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The 10-Minute BELLY FIX

These women lost an average of 8 pounds and 3 inches off their bellies in 1 month, exercising just 10 minutes a day. Want to join them? Turn the page.



By JENNA BERGEN SOUTHERLAND

Photographs by GRACE HUANG



Busy mom of four Carrie Walsh discovered how to eat and exercise for a trim middle without going crazy. You're next.

fit IN 10

prevention.com/bellyfix



SOMETHING WE CAN all agree on: It's freaking tough to stay fit when life's this busy, and it only seems to get harder every year—especially when it comes to our abs. Everything from hectic schedules to dwindling metabolisms (OK, and maybe a weakness for chocolate) can cause belly pounds to creep up and hang on, no matter what you try. That's how Miriam Figueroa felt. "My belly was huge, all my clothes were tight, my body was achy, and I had brain fog all the time," recalls Figueroa. Every day, the 55-year-old special education pre-K teacher would wake up at quarter to 6, gingerly roll out of bed to avoid aggravating the pinched nerves in her lower back, go for a short walk, and then throw whatever energy she could muster into her passion for teaching the 38 adorable 4-year-olds who demanded her attention Monday through Friday. "By the time I started my afternoon class, I was drained," says Figueroa. At night, restless legs syndrome and acid reflux would torment her until she started over again

BEFORE



LISA HERTZ APKON, 51

POUNDS LOST IN 30 DAYS: 3
BELLY INCHES LOST IN 30 DAYS: 2

WARDROBE STYLING BY KATY ROBBINS; HAIR AND MAKEUP BY BRANDIE HOPSTEIN. "BEFORE" PHOTOGRAPHS BY KAREN PEARSON. OPPOSITE PAGE: TANK TOP AND LEGGINGS BY HARD TAIL; SNEAKERS BY ASICS; EARRINGS BY HELEN FICALORA


"SQUEEZING IN 10 MINUTES A DAY TRANSFORMED MY BODY. I LOVE HOW MY CLOTHES FIT, AND I FEEL GREAT."
Toned and strengthened her core
AFTER

"THE LAST TIME I LOOKED THIS GOOD, I WAS 20 YEARS YOUNGER."

Loves her new curves

BEFORE



MIRIAM FIGUEROA, 55

POUNDS LOST IN 30 DAYS: 8
BELLY INCHES LOST IN 30 DAYS: 5

AFTER

Find this beautiful Magic Carpet Yoga Mat at *shop.prevention.com.*

the next morning. No matter how healthy she ate, the scale stuck at 168 pounds and her total cholesterol rose to 220. "I felt so awful that I started praying for a solution," says Figueroa. When she heard that *Prevention* was looking for women to test the *30-Day Belly Fix*—a new Fit in 10 program designed with trainer Larysa DiDio to speedily slim and strengthen stubborn middles with just 10 minutes of exercise a day—Figueroa was intrigued. "It sounded like something I could commit to, so I figured, why not?"

What Figueroa and the 16 other testers quickly discovered is that Fit in 10's *30-Day Belly Fix* isn't like programs they've tried in the past. There are no grueling workouts you can't stick with or restrictive diets that make you miserable. It simply combines 10 minutes a day of metabolism-surging strength training and ridiculously effective ab firming with a little clean eating. This toning and nutrition combo is the proven formula for a strong, lean body and a flatter belly at any age. But the main reason that this DVD program (built around nine 10-minute routines you can do anywhere, anytime) works is that it's realistic. The testers lost an average of 8 pounds and 3 inches off their bellies—in only 30 days. Some dropped even more, losing up to 15 pounds and 8 inches off their waists. "It took away the struggle," says Figueroa. "It was so easy to fit into my day that I couldn't come up with any excuses."

Those 10 minutes can even end up saving you time. Before trying the program, Melissa Ferraro, a 42-year-old attorney and mom of two, wearily slogged to the gym a few days a week and still couldn't shake the fat that clung to her middle. "I was constantly wrestling with low energy and low self-esteem," she says. "When I did work out, it was early in the morning, which left me exhausted. It also cut into time I could have been spending with my kids." On the program, though, she lost 9 pounds and 3 inches off her belly. "I'm shocked that sleeping in and exercising for only 10 minutes a day gave me better results than I had when I was waking up at 5 AM to work out for an hour," she says.

Committing to just 10 minutes a day means you shed the perennial guilt of tossing long workouts aside when life gets crazy. "In the past, I would swing between not having enough time to exercise at all to spending hours in the gym, always finding myself exhausted and still not reaching my goals," says Carrie Walsh, a busy sous chef and mom of four kids all under the age of 11. Once Walsh learned the Fit in 10 formula for success, however, her body responded. In 30 days, she lost 7 pounds and shed the belly pudge that had frustrated her for years. "I can finally wear tank tops and jeans without worrying about lumps and bulges around my middle," says Walsh. "Plus, I have so much energy from the routines and clean food that I no longer want to spend my free

OPPOSITE PAGE: TANK TOP BY SOYBU; LEGGINGS BY ATHLETA; SNEAKERS BY NEW BALANCE; NECKLACE BY LOTUS

BEFORE



NICOLE AUSTIN, 39

POUNDS LOST IN 30 DAYS: 9
BELLY INCHES LOST IN 30 DAYS: 8

"NOW I CAN BE THE BEST VERSION OF MYSELF. I'M NEVER GOING TO STOP."

Lost her belly and boosted her energy

AFTER

time on the couch or munching on the junk food I keep around the house for my kids."

Even women who already do strength training have benefited from the belly-and-abs specificity of the program. Renata Zajac lost 12 pounds with *Fit in 10: Total-Body Transformation* and came back when she heard this new program would target the area she wanted to change the most. "I already knew the power of Fit in 10, and I was excited to take my abs to the next level," says the 40-year-old executive. Zajac wasn't disappointed. In half the time of the original Fit in 10 program, she dropped another 7 pounds and watched her waist become firmer and more defined. "I loved the new routines, and it refreshed my commitment to take care of myself, no matter how busy I am," she says.

Tester Nicole Austin agrees that this program is about more than just restoring a youthful shape—your health and happiness are at stake, too. A few weeks ago, the 39-year-old pastry chef was headed to the kitchen when she decided to stoop down and give her 8-year-old daughter a quick kiss on the forehead. "She said, 'Wow, Mom! You moved so fast,'" recalls Austin, who hadn't been able to shake the belly swell since having kids. "It was nothing special, but it was an epiphany moment for me. Before trying the program, I never would have been able to do that. My belly would have gotten in the way, and I wouldn't

OPPOSITE PAGE: TANK TOP AND LEGGINGS BY ATHLETA; SNEAKERS BY BROOKS



START YOUR 10-MINUTE BELLY FIX NOW!

Want a flatter belly but don't have time to work out? For the full Belly Fix program that helped our testers lose up to 15 pounds and 8 inches off their middles in just 30 days, go to *prevention.com/bellyfix*.

WHAT YOU'LL GET

3-Disc DVD Set
Packed with nine 10-minute routines, it'll rev your metabolism, strengthen and slim abs, and shed belly fat—fast.

30-Day Program
We'll tell you which workout to do each day for quick results. Or mix and match the routines as you prefer.

Eat Clean Jump-Start
We'll give you everything you need to succeed in the 64-page guidebook, including a delicious 3-day meal plan, complete with recipes.

Mini Exercise Ball
Consider this your secret weapon for serious belly toning.

TRY IT NOW!

Sneak Peek: Belly Fix Shapers

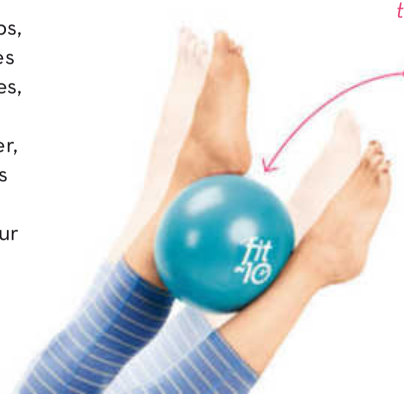
These ridiculously effective moves from the new *30-Day Belly Fix* DVD program with trainer Larysa DiDio will zero in on those tough-to-tone lower abdominals. The mini ball helps you engage your deepest belly muscles, but you can also do the moves without it. All it takes is 10 minutes. You can't even drink a latte that fast!

HOW TO DO IT
Aim to do as many reps as you can in 60 seconds. Rest 15 to 20 seconds between moves. Do the entire circuit 3 times. Ab tremble guaranteed.

1. CRISSCROSS

Lie on back with legs extended over hips, hands behind head, and shoulder blades lifted off floor (place ball between ankles, if desired). Lower legs toward floor a few inches. Cross one leg over the other, then switch. Continue crisscrossing legs for 60 seconds.

EXPERT TIP: Don't let your back arch; if your lower back hurts, raise your legs higher.



You'll receive the Fit in 10 mini ball when you purchase the DVD. *See p. 67.*





2. REVERSE CRUNCH DROP

Lie on back with knees bent, hands behind head, and shoulder blades lifted off floor (place ball between knees, if desired). Pull belly in and lift hips toward chest, then extend legs toward ceiling and lower legs toward floor. Return to starting position, immediately moving into next rep.
EXPERT TIP: Use belly strength, not momentum.

3. U-BOAT

Sit on floor with knees bent, feet flat on floor, and hands behind head (place ball behind lower back, if desired). Lean back a few inches to lift feet off floor. Tap one foot to floor, then the other. Keep chest lifted and abs engaged.
EXPERT TIP: To make it easier, support your upper body with your elbows and forearms on the floor. Don't allow your back to arch.



have had the strength to squat down. Now I don't even think about it."

For women who are already active and eating mindfully, like 51-year-old Lisa Hertz Apkon, the extra 10 minutes a day is transformative. "I was hiking and doing yoga regularly, but they just weren't enough," says Hertz Apkon. "I didn't feel as strong and fit as I would have liked." The short routines allowed Hertz Apkon to squeeze in the core work and strength training she was missing. In a month, her figure has become firmer, and she's lost 2 inches from her waist and belly. "My clothes fit better, my abs feel more toned, and I feel stronger when I walk or do yoga," she says. "It showed me that even a really small change can be incredibly powerful."

Like many of our testers, Miriam Figueroa felt too good to stop after just 30 days. Two months later, her body and health continue to transform. Her belly and waist are shrinking, she's lost 4 more pounds (12 total), and her energy has rebounded. "Now I can teach all day and still cook dinner, play with the dog, or do housework when I get home. My cholesterol is down to 190, my acid reflux is gone, and I no longer have RLS at night when I work out that day," she says. And she's not the only one who's noticed her healthy new body. "The other day my husband came up behind me while I was washing dishes and said, 'Wow, Miriam. You have a figure now!'" she laughs. "It makes me feel young again."

BEFORE



CARRIE WALSH, 33

POUNDS LOST IN 30 DAYS: 7
BELLY INCHES LOST IN 30 DAYS: 3



PREVIOUS SPREAD: MITCH MANDEL. HAIR AND MAKEUP BY THE SIMONGROUPSTYLISTS.COM. THIS PAGE: SPORTS BRA BY KIRA GRACE; LEGGINGS BY HARD TAIL; SNEAKERS BY BROOKS

"AFTER FOUR KIDS, MY ABS LOOK BETTER THAN THEY DID IN HIGH SCHOOL—AND IT WAS SO EASY."



How a Chicago Doctor Shook Up the Hearing Aid Industry with his Newest Invention

New nearly invisible digital hearing aid breaks price barrier in affordability

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"To eat is a necessity, but to eat intelligently is an art."

—François, duc de La Rochefoucauld

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EAT THESE



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This short stack? It's science's new way to help us torch fat.

putting carbs back on your table

By **CAROLINE PRADERIO**
Photographs by **CHRISTOPHER TESTANI**



MEET THE NEW FAT-BURNING STARCH



Make this spud so it has fewer calories—meaning, is full of resistant starch.



Proclaiming that pasta and pancakes can help you lose weight is borderline heresy in today's health circles, where headlines assert that carbs make us fat and sick and the Ghost of Atkins Past haunts every bowl of billowy mashed potatoes like a bad case of indigestion. But even the Ghost of Paleo Present can't stop a growing group of scientists and food manufacturers from declaring that carbs may actually help us burn fat better—and by carbs, they mean one carb in particular that has the potential to make us slimmer and healthier in just about every way. Never heard of resistant starch? You're not alone—most people haven't. But more experts are getting turned on to its promise, arguing that RS-rich foods like pasta and potatoes can help us lose weight—if we know the right way to eat them.

The implications of RS go beyond you dropping a few pounds. Nutrition leaders and government agencies are beginning to recognize that RS might have dramatic effects on public health, not only helping to thwart the obesity crisis but also offering new ways to treat digestive problems, diabetes, and even cancer, all with food. If researchers are right, we could be on the cusp of a new kind of dietary revolution where nutritionists prescribe specific carbs for major ailments and RS gets purposely added to packaged foods. Already, Australian experts are developing breeds of wheat and rice high in RS, while the USDA has tasked American scientists with similar agricultural experiments.

"My view is that the promise [of RS] is extraordinary," says David Topping, a leading RS researcher and senior nutrition scientist at the Commonwealth Scientific and Industrial Research Organization, Australia's public applied science agency. "The research is going to drive itself. The literature is expanding; governments are spending money on it. All the signs show that it's catching on."

But what exactly is catching on? Think of RS as a master of disguise: It looks like a starch but acts like a fiber, passing through the small intestine to the colon without being digested (ergo its name: a starch that "resists" digestion). Normal starches have calories because we digest them, using their glucose for energy. Most starchy foods, like white bread and regular pasta, have tons of highly digestible starches—and, thereby, tons of calories. But RS is different. Since our bodies don't digest it, it doesn't give us energy directly, so its caloric value is slashed. RS also triggers hormones that make us feel fuller, helping us eat less throughout the day. Studies show that RS can also lower blood sugar, boost gut health, and reduce cancer risk.

So why *haven't* we all heard of it? "Even if it's news to you, this isn't brand-new science," says Wendy



The 9 Best Whole Food Sources of RS

Want to know which foods give you the most RS bang for your buck? Sadly, there's no universal guide that says how much RS is in whole foods—levels vary from plant to plant and with different cooling times. But there are a handful of studies to give us approximate amounts. Here, the best sources:

Green bananas Peel a single small fruit for 38 g.

Potatoes Roast one medium spud and then let it cool for 33 g.

Rolled oats Put ½ cup uncooked oats in muesli or sprinkle over yogurt for 8.5 g.

White beans Puree 1 cup for a tasty dip and you'll get 10.5 g.

White rice Just ⅔ cup of the cooked stuff gives you about 5 g—no cooling required.

Pasta Let 1 cup cooked pasta cool and add it to a salad for 5 g.

Lentils Only ½ cup cooked yields about 5 g.

Frozen peas Steam or microwave ½ cup, let them cool, and toss in a salad for 5 g.

Cashews Chomp on 1 oz (18 nuts) for 3.5 g.

Bazilian, a nutrition expert and contributor to *Eat Clean, Stay Lean*. "And it's not just another headline—this is a natural evolution of science." In other words, researchers have known about RS for decades, but more experts are starting to understand how positively RS can affect patients and consumers. "Many people turn off their ears to carbs—they're down on them," Bazilian says. "But RS can benefit health issues like blood sugar regulation, high insulin levels, healthy gut, immune system, and possibly cancer. And isn't that nifty—yet another gift from Mother Nature."

Time to unwrap your gift, America.

THE DAWN OF RS DISCOVERY came in the early 1980s, when British researchers identified a new type of starch that, oddly, wasn't digested in the small intestine but headed straight to the colon. "At the time, this was regarded as just ridiculous," says Topping. But RS's unusual attributes would make sense years later, after researchers understood the purpose of RS in our colons—to feed trillions of gut bacteria that can improve our health in countless different ways.

Today, there are hundreds of published studies on RS, and researchers have learned that there are not one but four main types of the curious starch. The first two are found naturally in foods: RS 1 is in some

FOOD STYLING BY KHALIL HYMORE; PROP STYLING BY STEPHANIE HANES. BANANAS: MARCUS LINDSTRAM/GETTY IMAGES



THIS MUFFIN MAY HELP MELT YOUR MUFFIN TOP

Bake treats with RS-rich flour and they'll help suppress insulin.

grains, like oats, barley, and wheat, as well as legumes, like peas, lentils, and black beans, while RS 2 is in certain veggies and fruits, including raw potatoes of every kind and green bananas. But when you cook foods that have RS 2, their starches change and lose their resistant power. For example, while a raw potato is rich in RS 2, a hot, cooked potato has none, meaning all its starches will be digested and used for energy.

But you can still welcome mashed potatoes back into your dietary good graces if you take one more step: Let the spuds cool. Cooling hot, cooked carbs like potatoes, pasta, or rice produces RS 3, which acts just like RS 1 and RS 2 to lower calorie count. In fact, according to one groundbreaking study, allowing rice to cool before eating it can slash its calorie content by as much as 50%, turning a 200-calorie cup of rice into a 100-calorie cup, with the exact same taste and texture.

While the promise of RS 3 is incredible, there's also reason to get excited by RS 4, created when food manufacturers take normal starches like wheat flour and treat them to be more resistant, thereby lowering calories in products considerably.

Regardless of whether you're

eating RS 1 or RS 4, the starch in general achieves its slimming benefits by helping the body burn more fat, better control its weight gain hormones, and curb appetite—in that order. The domino effect starts with melting fat, which RS does by affecting which nutrients the body burns and which ones it stores, says Janine Higgins, an RS researcher and an associate professor of pediatrics at the University of Colorado. In short, she says, RS nudges the body to burn fat, not carbs, for fuel, while shrinking the size of fat cells. One study discovered that people who got just 5% of their daily carbs from RS—about 11 to 16 g of RS per day, or the amount in half of a roasted-and-cooled potato—increased their fat burn by more than 20%. Other research has found that eating RS 4–enriched flour reduces body fat and waist size, and in mice, the starch increases fat burn by up to 45%, torching mostly dangerous belly fat that can surround the internal organs.

How, exactly, RS burns fat is still a mystery, but researchers believe it has something to do with the starch's ability to lower levels of insulin—a hormone that slows fat burn—by as much as 55%. You've probably heard that normal carbs low in RS, such as white bread, are packed with sugary starches that flood the bloodstream quickly, causing a commensurate spike in insulin. But because the RS in carbs that contain it can't be digested and broken down into sugar, the insulin response is curbed. This insulin-suppressing power is, in fact, one of RS's best-documented benefits. A new study in the *British Journal of Nutrition* found that insulin response was significantly lower in people who ate RS-rich bread for just 3 days, compared with those in the control group, who consumed normal wheat bread.

RS's cascade of hormonal effects doesn't end with insulin. After RS resists digestion in the small intestine, it moves south to the colon, where it appears to boost hormones that send signals of satiation to the brain. One study discovered that people ate up to 300 fewer calories per day after consuming RS-packed foods.

It's also in the colon where RS wields its influence on our microbiomes, the trillions-strong bacterial communities linked to better immunity, mental health, and metabolism. The bugs that live in our colons feed on RS and, in turn, create more "good" bacteria. The more good bacteria, the more potential for weight loss, according to suggestive research showing both that a healthy microbiome boosts metabolism and that lean people tend to have better-nourished gut bacteria than obese people do.

RS-gobbling bugs also help overall health by producing the fatty acid butyrate, which helps strengthen gut walls and prevents harmful bacteria and food particles from escaping the colon, bringing on inflammation and illness. Butyrate may even stall

The Best RS Products for Cooking and Snacking

Innovative food companies are churning out delicious packaged staples and snacks ridiculously high in RS. A few of our favorites:

1

Honeyville Hi-Maize Resistant Starch
This starch, developed 20 years ago from a non-GMO corn, is naturally high in RS—even when heated, it has 5 g per Tbsp. For optimal texture, swap for ⅓ of the regular flour in baked goods or add to smoothies. ($8 for 12 oz)

2

Bob's Red Mill Unmodified Potato Starch
Raw spuds have more RS than cooked, cooled ones, but who chomps on raw taters? Instead, try mixing 1 Tbsp of this starch into smoothies (heating destroys its RS) and get 8 g. ($4 for 24 oz)

3

FiberGourmet Sharp Cheddar Thinables
Why eat regular cheese squares when these have the same taste and half the calories? Each 1 oz serving boasts only 60 calories and 14 g of RS. Eat a whole box for 360 calories. ($5 for 6 oz)

4

Organic Gemini TigerNuts
Tiger nuts are small root veggies, like potatoes, so it makes sense that they're tiny RS powerhouses. Since they're tough when raw, soak them before eating for a slightly chewy, nutty snack. ($6 for 5 oz)



FROM LEFT: COURTESY OF HONEYVILLE; COURTESY OF BOB'S RED MILL; COURTESY OF FIBERGOURMET; COURTESY OF ORGANIC GEMINI



3 Ways to Boost RS in Your Favorite Carbs

Here's how to prep pasta, rice, potatoes, and grits to maximize the RS and slash calories, without changing taste or texture.

1

Cook, Cool, Repeat: Cook a starchy food as usual, but before you eat, let it cool a few minutes on the countertop or stick it in the fridge or freezer. Repeatedly cooling and heating starchy foods can create even more RS, so embrace your leftovers.

2

Go Low and Slow: Slow cooking methods like roasting increase RS more than fast ones like boiling do. (A roasted, cooled potato has 24 times the RS of a boiled, cooled potato.) Roast potatoes, cook grains over low heat, or opt for the slow cooker over the steamer basket or microwave.

3

Deep-Freeze: Storing products like tortillas or bread in the freezer can more than double their RS content.

tumor growth, with one trial showing that people who consumed more RS for several weeks reversed risk factors for colon cancer caused by poor diet.

If RS has the potential to fight colon cancer, it makes sense that the starch could also temper other colorectal conditions like irritable bowel disease and colitis. In Australia, where the government has developed RS-enriched barley and added it to some packaged foods like cereal for the past 6 years, people have reported relief from the symptoms of irritable bowel, says Topping, whose work has influenced the country's RS effort. Officials estimate that further investment in RS-enriched barley could save the country more than $300 million a year in health care costs.

THOUGH RS's POTENTIAL seems endless, it does face the same roadblock as almost every other dietary development—that "more research is needed" before doctors can recommend the starch wholeheartedly.

And it's true. Most human studies on RS have lasted only a few weeks, not the several years researchers prefer. What's more, the four types of RS seem to vary in effectiveness in ways we don't understand. (A 2010 industry-funded study comparing the effects of RS 2 and RS 4 on blood sugar levels found that RS 4—the type in packaged foods—was more effective.) Finally, researchers have

GAJUS/GETTY IMAGES



Freeze tortillas, then bake and cool them to increase their RS.

FIGHT GUT TROUBLES WITH AN ENCHILADA

found that different types of RS populate the gut with different bacteria—not a bad thing, necessarily, but another indication of nuances we haven't mastered.

But while many areas of nutritional research produce two distinctly opposed camps (Paleo vs. non-Paleo, meat eaters vs. vegans, dairy lovers vs. dairy haters), that kind of battle isn't happening with RS, and no expert we spoke with says that the starch is either a sham or bad for you. To date, the only documented unpleasant side effect of eating more RS is gas. Even experts who question whether RS could have adverse long-term effects are cautiously optimistic. Take Diane Birt, a professor emeritus of food science and human nutrition at Iowa State University: While she doesn't believe we should necessarily add RS to our diets, she admits that "it is a wonderful area of research."

Birt may be in the minority, too, as more experts argue it's high time RS was intentionally included on our plates. "Even though it's got 30 years' worth of research supporting its health benefits, it often takes that many years for a functional ingredient to become an 'overnight' sensation," says David Feder, author of *The Skinny Carbs Diet*, a cookbook of RS-rich recipes. "Olive oil is an example: From the 1960s to the 1990s, it went from being something used by Italian and Greek cooks to being in every single pantry in the United States."

Could RS be the next olive oil?

ONE COMPANY ON THE RS forefront is FiberGourmet, which manufactures RS-rich crackers, flatbreads, and pastas with rock-bottom calorie counts but the tastes and textures of conventional versions. An entire box of its RS 4–infused cheese crackers has just 360 calories, while each 60-calorie handful has an incredible 14 g of RS.

The company's 13-year journey to develop tasty RS products hasn't been easy, though—which is why scores of other companies haven't yet followed suit. Ingredients used to produce RS can cost up to six times more than standard ones like wheat flour. High concentrations of RS can make foods denser, harder, darker, and grainier, so retaining taste and texture is challenging. Companies like FiberGourmet also have to go through many recipe revisions to make palatable products with enough RS to lower calorie counts.

But when a company accomplishes all this, the effect is that of a magic trick. Executives at FiberGourmet say they've received testimonials from customers who've lost 15, 30, and even 50 pounds by swapping conventional high-calorie foods for its products. "The reason it works so well [as a weight loss strategy] is that it's so easy," says David Holzer, the company's CEO. "Usually, you feel that you have to suffer in order to diet. But if you really have foods with half the calories and the same taste, that's not a fad—it's a no-brainer."

Holzer, for one, believes RS's trajectory could—and should—parallel that of olive oil. Topping does, too, arguing that as more people learn of RS's benefits and add it to their diets, society will get healthier in profound ways. A rise in RS consumption could trigger declines in colorectal cancer, type 2 diabetes, depression (healthier guts have been tied to lower risk), and our collective waistlines. "In the long term, unequivocally, it can assist in preventing excessive weight gain," he says.

And increasing RS consumption could be as easy as rethinking how we cook. While there's no standardized cooking method for increasing RS agreed upon by all scientists, the process ultimately boils down to three steps: Cook rice, pasta, potato, polenta, or oatmeal; let it cool; and

Your Daily RS Diet

Experts say to aim for 20 g of RS per day, but how can you get it? Here, 3 easy meal plans to help you hit or exceed the daily target:

DAY 1

- Add 2 Tbsp Hi-Maize flour to a smoothie: **10 g**
- Peel a ripe banana for a snack: **5 g**
- Mix 1 cup cooked and cooled whole wheat pasta and ½ cup chickpeas in pasta salad for dinner: **10 g**

Total: 25 g

DAY 2

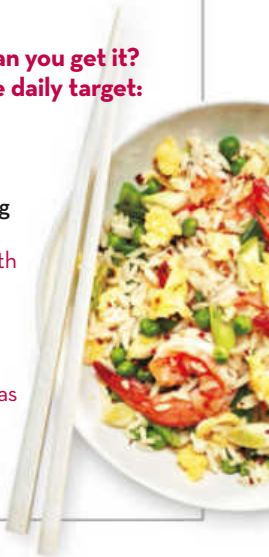
- Make DIY muesli from ⅔ cup raw oats, nuts, and fruit: **11 g**
- Chomp on 2 oz cashews: **7 g**
- Serve a dinner that includes ½ roasted and cooled potato: **16.5 g**

Total: 34.5 g

DAY 3

- Top a salad with ½ cup lentils: **5 g**
- Stave off pre-dinner pangs with 1 oz FiberGourmet Thinables crackers: **14 g**
- Cook and cool ½ cup green peas for a crunchy dinner side: **5 g**

Total: 22 g



devour every bite. (Note: People with diabetes should be careful about consuming more starches, even those high in RS. Foods with RS still contain carbs and should be added cautiously in reasonable portions and combined with other nutrients like protein.) Whole-food RS sources like beans and barley are the best choices, Bazilian says: "I'd seek out RS in real foods that you want to put on your plate already for nutritional reasons like fiber, fullness, or vitamins."

As for how much RS to eat, the answer's not really known. Most Americans get only 5 g per day now, mostly from the small amounts in cooked grains, pastas, and starchy vegetables like potatoes and also from breads, which contain a small amount of RS (whole wheat has more than white). Topping suggests 20 g a day, with some studies seeing positive results from up to 50 g a day.

At some level, though, we probably shouldn't overthink how much RS we consume as long as we start cooking, cooling, and eating more RS-rich foods. That's what's so revolutionary about RS: These are real carbs, whole and delicious, already in your pantry or on store shelves, part of your family's recipes and favorite meals—and the opposite of the unpleasant pills, sweeteners, meals, shakes, and bars that we normally associate with weight loss plans. So think of this as your long-awaited license to stop eyeing starchy foods as fattening demons and start eating them again.

Welcome back, carbs. We missed you like crazy.



SPICE & ONION CHICKEN
p. 122



master the Bird

Cooking chicken?
Of course you are.
Make it juicy and delicious,
every time.

By
KHALIL HYMORE

Photographs by
CON POULOS



BEST FOR Pan-roasting, grilling, and frying. **PROS** More flavorful and less expensive than boneless, skinless breasts and cook faster than whole birds. Ideal for one-pan meals. **CONS** Prone to overcooking and drying out; prevent by using a meat thermometer.

Pan-Roasted Chicken with Mushroom & Herb Gravy

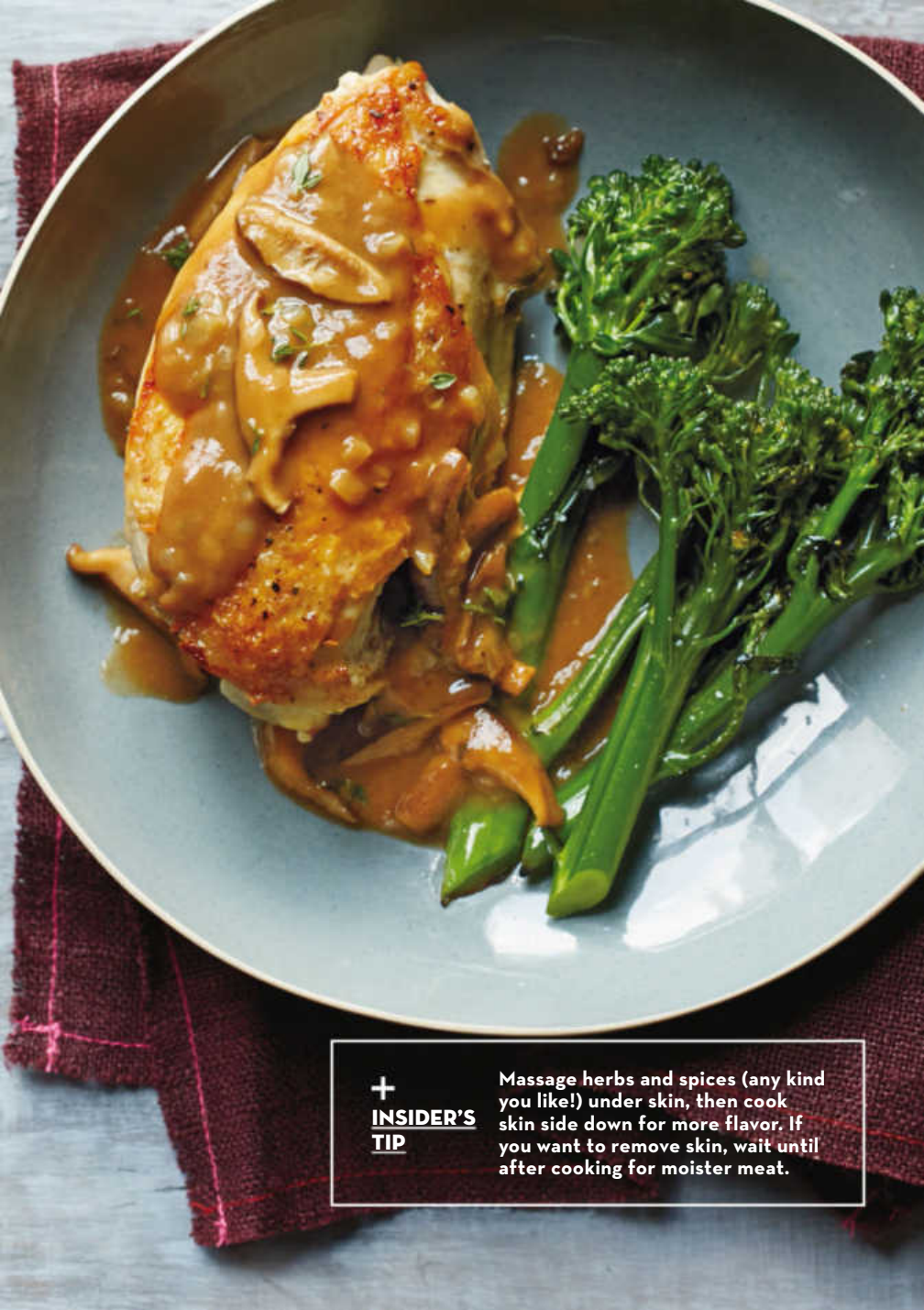
SERVES 4
PREP TIME: 10 minutes
TOTAL TIME: 45 minutes

- 2 tsp olive oil
- 4 sprigs thyme + 2 tsp chopped thyme
- 2–4 bone-in, skin-on chicken breasts (about 2 lb total)
- ½ tsp kosher salt
- ½ tsp black pepper
- 6 oz shiitake mushrooms, trimmed and sliced
- 1½ c low-sodium chicken broth
- 2 shallots, finely diced
- 4 tsp all-purpose flour
- ¼ c white wine

1. Heat oven to 425°F. In ovenproof skillet, heat oil and thyme sprigs over medium-high heat.
2. Season chicken with salt and pepper and add to pan, skin side down. Cook until skin is crisp and golden, about 4 minutes.
3. Flip, transfer pan to oven, and roast until meat thermometer registers 160°F when inserted into thickest part of chicken, about 20 minutes. Remove pan from oven, discard thyme sprigs, and transfer chicken to platter.
4. Cook mushrooms in pan over medium-high heat until tender, about 5 minutes, adding 1 to 2 Tbsp of the broth if pan seems dry. Add shallots and cook until softened, about 3 minutes. Stir in flour and cook 1 minute. Add wine, scrape bottom of pan, and cook until only 2 Tbsp wine remain. Add rest of broth and cook until mixture thickens, about 3 minutes. Stir in chopped thyme, season to taste with salt and pepper, and serve on top of chicken.

NUTRITION (per serving) 253 cal, 34 g pro, 11 g carb, 2 g fiber, 4 g sugars, 6 g fat, 1 g sat fat, 446 mg sodium

FOOD STYLING BY KHALIL HYMORE; PROP STYLING BY ALMA MELENDEZ



+ INSIDER'S TIP

Massage herbs and spices (any kind you like!) under skin, then cook skin side down for more flavor. If you want to remove skin, wait until after cooking for moister meat.

Whole Chicken

BEST FOR Roasting or spatchcocking, in which you remove the backbone and roast flat for juicier meat.

PROS Easy to cook—simply season and roast—making it a foolproof choice for company. Your best option for ending up with leftovers.

CONS Longest cooking time, especially since whole birds should sit out of the fridge 30 minutes before cooking and rest 20 minutes after cooking but before slicing for best results.



Miso-Rubbed Chicken with Acorn Squash

SERVES 6 to 8
PREP TIME: 15 minutes
TOTAL TIME: 1 hour 30 minutes

¼ c white (shiro) miso (we like Miso Master)
2 scallions, coarsely chopped
2" piece fresh ginger, peeled and coarsely chopped
1 Tbsp honey
2 tsp less-sodium soy sauce
1 lg acorn squash (2½–3 lb), seeded and cut into ½" wedges
1 Thai chile, sliced (optional)
1 Tbsp vegetable oil
1 whole chicken (3–4 lb)

1. Heat oven to 425°F. Lightly coat large sheet pan or other shallow pan with cooking spray.

2. In food processor, combine miso, scallions, ginger, honey, and soy sauce until smooth. In bowl, toss squash, chile (if using), and oil to coat.
3. Place chicken in prepared pan. With fingers, gently separate skin from meat, taking care not to tear skin. Spread miso mixture on meat and over skin. Scatter squash around chicken and roast 20 minutes. Reduce heat to 375°F. Continue roasting until squash is tender and chicken is golden and registers 160°F on meat thermometer when inserted into thigh, 25 to 30 minutes longer. Let chicken rest 20 minutes. Carve and serve with squash.

NUTRITION (per serving) 468 cal, 35 g pro, 15 g carb, 1 g fiber, 5 g sugars, 29 g fat, 8 g sat fat, 419 mg sodium



+ INSIDER'S TIP

Don't just season cavity with the usual salt, pepper, spices, or fresh herbs. Add smashed garlic cloves, citrus halves, peeled onions, and chiles, too, for tastier, richer meat.

Chicken Thighs

BEST FOR All types of cooking except poaching. Braising produces the most tender meat.

PROS The most flavorful cut, thighs are nearly impossible to overcook.

CONS Yes, thighs have more fat than breasts do, but it's healthy fat that helps you feel fuller and more satisfied.





Moroccan Chicken Thighs

SERVES 4
PREP TIME: 10 minutes
TOTAL TIME: 30 minutes

- 2 tsp turmeric
- 1 tsp cinnamon
- ½ tsp kosher salt
- ½ tsp black pepper
- ¼–½ tsp red-pepper flakes
- 4 bone-in, skin-on chicken thighs (about 1 lb total)
- 2 tsp olive oil
- 1 lg yellow onion, diced
- 2" piece fresh ginger, peeled and sliced into matchsticks
- 1 clove garlic, minced
- 1 can (28 oz) diced tomatoes
- ½ c dried fruit, such as prunes, apricots, and raisins
- Chopped fresh parsley, for serving

1. In bowl, combine turmeric, cinnamon, salt, black pepper, and red-pepper flakes. Rub mixture onto chicken.
2. In large Dutch oven or heavy pot, heat oil over medium-high heat. Add chicken, skin side down, and cook until browned, 3 to 5 minutes. Flip and cook 1 minute longer. Transfer chicken to plate.
3. Add onion to pot and cook until translucent, about 5 minutes. Add ginger and garlic and cook until fragrant, about 30 seconds. Add tomatoes, dried fruit, and ¼ cup water and bring to a simmer.
4. Return chicken to pot, skin side up, cover, and cook until meat thermometer registers 160°F, 10 to 12 minutes longer. Top with parsley and serve.

NUTRITION (per serving) 349 cal, 18 g pro, 28 g carb, 4 g fiber, 17 g sugars, 19 g fat, 4.5 g sat fat, 761 mg sodium

+ INSIDER'S TIP

Thighs are less expensive to buy organic and freeze better than other cuts, due to a higher fat content.



Thighs with Lemon & Olives

SERVES 4
PREP TIME: 5 minutes
TOTAL TIME: 35 minutes

Trim 4 **bone-in, skin-on chicken thighs** (about 1½ lb total) of excess skin. Season with ½ tsp each **kosher salt** and **black pepper**. Cut 1 **yellow onion** into ½" wedges, leaving root end intact. In skillet over medium-high heat, heat 2 tsp **olive oil**. Add chicken, skin side down, and cook until crisp, about 8 minutes. Flip and cook 1 minute longer. Transfer to plate. Pour all but 1 Tbsp fat from pan. Add onion wedges; cook until crisp-tender, 6 minutes. Add 1 **clove garlic, sliced**; cook 1 minute. Add 2 Tbsp **white wine vinegar**, scraping browned bits from skillet. Add 1½ cups **reduced-sodium chicken broth**. When simmering, return chicken to skillet, skin side up, with ⅓ cup **pitted kalamata olives** and 1 **lemon, thinly sliced**. Reduce heat to medium-low and cook until chicken registers 160°F on meat thermometer, about 10 minutes. Top with **chopped fresh dill** and serve.

NUTRITION (per serving)
444 cal, 33 g pro, 8 g carb, 1 g fiber, 2 g sugars, 30.5 g fat, 7.5 g sat fat, 819 mg sodium

Chicken Wings

BEST FOR Roasting, frying, broiling, and grilling. **PROS** Preportioned and easy to prepare in quantity, they're a perfect high-protein appetizer. **CONS** Less meat than other cuts; skin is tricky to remove.



Healthier Hot Wings

SERVES 4
PREP TIME: 10 minutes
TOTAL TIME: 45 minutes

2 lb chicken wings, separated
¾ c fat-free plain Greek yogurt
3 Tbsp grated Parmesan
3 tsp Dijon mustard
½ tsp black pepper
1 c Buffalo sauce
1 Tbsp honey

1. Heat oven to 500°F. Place steamer basket inside pot filled with 1" water; bring to simmer over medium-high heat. Add chicken, cover, and cook 10 minutes.
2. In bowl, combine yogurt, cheese, 1 tsp of the mustard, and pepper. Set aside.
3. Remove wings from steamer; arrange on sheet pan sprayed with oil. Roast until golden and crisp, about 25 minutes.
4. Whisk Buffalo sauce, honey, and remaining 2 tsp mustard in bowl. Toss cooked wings in sauce and serve with assorted veggies and Parmesan dip.

NUTRITION (per serving)
249 cal, 24 g pro, 4 g carb, 0 g fiber, 3 g sugars, 14.5 g fat, 4.5 g sat fat, 548 mg sodium

+ INSIDER'S TIP

Always cook wings at high temps, between 400° and 500°F, to help render fat and crisp up skin better.

Boneless, Skinless Breasts

BEST FOR Sautéing, grilling, and poaching. **PROS** Lowest in calories and easiest to prepare. **CONS** Prone to overcooking (prevent by using a meat thermometer) and not as flavorful or moist as other cuts.





Spicy Chicken Paillards with Cauliflower & Escarole Salad

SERVES 8
PREP TIME: 20 minutes
TOTAL TIME: 50 minutes

¼ c + 3 Tbsp olive oil
2 cloves garlic, sliced
½ tsp red-pepper flakes
2 tsp chopped fresh oregano
4 boneless, skinless chicken breasts (about 2 lb total)
2 slices whole wheat bread, cut into cubes
½ head cauliflower, cut into florets
3 lg leeks, white and light green parts only, halved and cut into 3" pieces
1 sm head escarole, torn into bite-size pieces
1 sm head radicchio, torn into bite-size pieces
1 Tbsp sherry vinegar
½ tsp kosher salt
½ tsp black pepper
2 oz Pecorino Romano, shaved, for serving

1. In saucepan, combine ¼ cup oil, garlic, and red-pepper flakes. Bring to a simmer over medium-low heat and cook until fragrant, about 3 minutes. Remove from heat, stir in oregano, and set aside to cool completely.

2. Halve breasts lengthwise and flatten with mallet or bottom of heavy pan until they are ½" to ¼" thick. Toss chicken in bowl with half of the infused oil to coat.
3. Heat oven to 425°F. Toss bread with 1 Tbsp of the olive oil on sheet pan and bake until crisp and golden, 5 to 7 minutes; remove and set aside.
4. On same sheet pan, toss cauliflower and leeks with remaining half of the infused oil. Roast until vegetables are tender, about 15 minutes. Transfer to large bowl with croutons, escarole, and radicchio. Drizzle with vinegar and remaining 2 Tbsp olive oil and season with salt and pepper. Toss well.
5. Heat broiler. Place chicken on sheet pan. Cook until golden and cooked through, about 7 minutes. Serve chicken with salad and cheese.

NUTRITION (per serving)
328 cal, 30 g pro, 14 g carb, 4 g fiber, 3 g sugars, 17.5 g fat, 3.5 g sat fat, 403 mg sodium

+ INSIDER'S TIP

Always marinate, rub, or glaze breasts first to add flavor, then cook quickly over medium-high to high heat to prevent from drying out.

CLEANEST PACKAGED FOOD AWARDS

Prevention 100



CLEANEST PACKAGED FOOD AWARDS





IN AN IDEAL WORLD, we'd all have organic farmers for neighbors and cook every meal from scratch. But short of a back-to-the-land-and-kitchen revolt, packaged foods are necessary—and many aren't even remotely evil when you know what to look for. We've cut through the hype and scrutinized hundreds of labels to bring you a shopping list of 100 truly clean sides, snacks, meals, and staples.

BY STEPHANIE ECKELKAMP *Photographs by Mitch Mandel*




The contrasting flavors and textures of **dried cranberries**, **puffed grains**, and **crunchy granola** in this cereal make it incredibly satisfying.
Purely Elizabeth Ancient Grain Granola + Puffs Cereal

THESE PRODUCTS EARN OUR PICK BECAUSE THEY: 1. Contain no more than 10 g of added sugars. 2. Are low in or devoid of synthetic or artificial ingredients. 3. Prioritize organic, sustainably sourced, and non-GMO ingredients. 4. Prioritize toxin-free or eco-friendly packaging. 5. Are made without excess sodium. 6. Are new to the market within the past 18 months. 7. Taste absolutely delicious.

FOOD AWARD KEY

- O Organic
- V Vegan
- D Dairy-Free
- G Gluten-Free
- W Weight Loss Friendly
- P Paleo

COLD & HOT CEREALS



Purely Elizabeth Ancient Grain Granola + Puffs Cereal Puffed amaranth gives this cereal fewer calories and less sugar than traditional granola. ($7) V D G W



Bob's Red Mill Gluten-Free Classic Oatmeal Cup This simple on-the-go breakfast has 7 g each of filling fiber and protein. ($2.50) V D G W



Back to the Roots Organic Purple Corn Flakes These subtly sweet flakes, made of ground purple corn, have just three ingredients. ($5) O V D G W



Dr. McDougall's Organic Superfood Mega Omega Hot Cereal Hearty and cinnamony, these oats have anti-inflammatory omega-3s. ($4) O V D G W



Kashi Overnight Muesli, Sunflower Pepita Simply add milk, refrigerate, and enjoy this delish cold take on overnight oats. ($2.50) O V D W



Peace Cereal Maple Buckwheat Hemp Supergrains This wholesome flake-based cereal packs fiber-rich whole grains and 7 g of protein. ($5) O V D W

BREADS, GRAINS & PASTAS



Lancaster Food Co. Sprouted Multigrain Bread Wholesome slices make the ideal base for avocado toast. ($5.50) O V D



Food for Life Ezekiel 4:9 Sprouted Grain Flax English Muffins Each muffin packs 10 g of protein and six sprouted grains and legumes. ($5) O V D



Angelic Bakehouse Sprouted 7-Grain Premium Wraps Get big sprouted grain flavor for just 100 calories. ($4.50) D W

FOOD STYLING BY PAUL GRIMES. EZEKIEL 4:9 ENGLISH MUFFINS: COURTESY OF FOOD FOR LIFE BAKING COMPANY



Carrington Farms Toasted Quinoa This ready-to-eat quinoa is the perfect crunchy topper for salads, soups, and yogurt. ($7.50) V D G W



Living Now Organic Quinoa Penne Unlike most gluten-free pasta, there's no trace of corn here—just quinoa, amaranth, and rice. ($5) O V D G W



Modern Table Meals Confetti Bean Pasta Beans and lentils deliver 14 g of protein—high for pasta. ($5) D G W

CONDIMENTS, SPREADS & SAUCES



Hope Foods Organic Super Hemp Hummus Hemp seeds add heft, nutty flavor, and a dose of anti-inflammatory omega-3s to this versatile hummus. ($4) O V D G W



Rojo's Homestyle Salsa This fresh-tasting combo of chunky veggies is free of added sugars. ($3.50) V D G W P



Grillo's Pickles Hot Italian Dill Chips These jalapeño-and-habanero-infused sandwich stackers are free of fake colors and sugar. ($6) V D G W P



Wildbrine Smoky Kale Kraut Kale and cabbage are fermented to perfection in this probiotic-packed accompaniment to meats, salads, and eggs. ($7–$10) V D G W P



Primal Kitchen Mayo When mayo is made with avocado oil and organic eggs, you can feel good about slathering it on your sandwich. ($10) D G P



True Made Foods Veracha Hot Sauce If you love Sriracha, try this sweet and spicy version loaded with carrots, squash, and tomatoes. ($6) V D G W



Lancaster Food Co. Multigrain Bread & World of Chia Blackberry Spread



Ellyndale Naturals Liquid Coconut Oil Solid oil too tricky to measure? Make it easy with this. ($17) V D G P



Meet the cleanest morning toast ever: Sprouted grain bread packs **easy-to-absorb nutrients** while this low-sugar jam delivers **fiber-packed chia**.



Gaea Organic Extra Virgin Olive Oil This EVOO is fresh, fruity, and organic. ($13) O V D G P



Colavita Organic Spicy Marinara This no-sugar-added sauce rivals homemade. ($6) O V D G W P



Litehouse Green Garden Orange Miso Dressing This sweet and savory 50-calorie dressing works wonders on Asian-inspired salads. ($7) O V D G W



SweetLeaf Organic Stevia Sweetener Feel good knowing that this zero-cal sweetener is free of artificial ingredients. ($5) O V D G W



Fiordifrutta Organic Pear Fruit Spread This juice-sweetened spread has just 7 g of sugar and pairs great with cheese. ($6) O V D G P



World of Chia Premium Blackberry Spread Chia seeds and berries create a naturally jellylike texture, eliminating the need for industrial pectins. ($7) V D G



Earth Balance Protein Peanut Blend This smooth and creamy PB keeps you extra full, thanks to pea protein. ($7) V D G

FLOURS & BAKING MIXES



Enjoy Life Foods Pizza Crust Mix At last, gluten-free crust that doesn't taste like cardboard—it even has probiotics! ($8.50) V D G


This deliciously chewy pizza base is the most authentic **gluten-free crust** we've ever tasted—a far cry from cardboard—and it's totally **allergy-friendly**.
Enjoy Life Foods Pizza Crust Mix



Organic Gemini TigerNut Flour This flour is sky-high in resistant starch, a carb we can't digest, so we absorb only a fraction of the calories. (*$14*)



Darcy's Delish Old Fashioned Chocolate Chip Cookie Mix Yes, you can make whole grain cookies with crisp, buttery edges and a soft middle. ($6)



Iced Bhakti Chai Toasted Coconut Almond Blend Meet the bold and spicy alternative to iced coffee with zero added sugar. (*$4*)



***Prevention*'s Don't Burn Out Coffee** We're biased, but this fair trade Guatemalan blend is ultrasmooth and jitter-free. (*$15*)



FlapJacked Buttermilk Protein Pancake & Baking Mix With 20 g of filling whey and pea protein, this mix makes cakes and treats to hold you over till lunch. ($9)

BEVERAGES



La Croix Sparkling Water Blackberry Cucumber This sugar-free flavor combo tastes just like summer. (*$4.50 for 8*)



Health-Ade Maca-Berry Kombucha This invigorating fizzy tea packs lots of gut-loving probiotics and big berry flavor. ($5)



Sound Sparkling White Tea Peach & Ginger The bubbles amplify tea's natural flavors, nixing the need for sugar. ($2.50)



Simple Mills Vanilla Cake Mix Perfectly fluffy grain-free cupcakes are possible, thanks to this subtly sweet almond-coconut flour blend. (*$8*)



Evolution Fresh Green Devotion Drink this and ingest five veggies and no added sugar. ($5)



Traditional Medicinals Stress Ease Tea Soothe fried nerves with a sweet blend of cinnamon, licorice root, and skullcap. ($5)



Chameleon Cold-Brew Espresso This low-acid brew is so damn smooth, you wouldn't ever add milk or sugar. (*$4*)



Suja Probiotic Water Hydrate with this low-sugar drink for an instant punch of probiotics, plus a hint of fruit flavor. ($3)



Taste Nirvana Coco Matcha This matcha-infused coconut water packs nutrients, not sugar. ($2.50)



Rumble Coffee Bean Supershake Coffee, loads of protein (20 g!), and a hint of maple make this a meal replacement we love. ($4.50)

CRUNCHY SNACKS



Laiki Black Rice Crackers These savory chips are made from just rice, oil, and salt. ($4)



Late July Snacks Sea Salt & Lime Tortilla Chips Crunch cleaner on whole ground corn and expeller-pressed oil. ($4.50)



Dang Onion Chips, Salt-n-Pepper These chips are pure onion slices, oven roasted and slightly sweet. ($5)



Kettle Brand Uprooted Vegetable Chips: Sweet Potatoes, Beets & Parsnips Three root veggies in one bag? This is the ultimate chip experience. ($4)



Boulder Canyon Coconut Oil Kettle Chips Forget ultraprocessed soybean oil—these chips use coconut oil for a cleaner crunch. ($4)



Quinn Farm to Bag California Olive Oil Popcorn A batch number tells you where this non-GMO corn originates. ($4)



Late July Tortilla Chips & Rojo's Homestyle Salsa



RW Garcia 3 Seed Harvest Crackers Corn, pumpkin, and seeds add taste, not junk. ($6.50)



Pick this chip-and-salsa combo if you're looking for **authentic, zesty Mexican flavors** and **fresh, wholesome ingredients**.



Wonderful Almonds Raw Single-Serve Packs Think of these as portion-controlled versions of nature's nearly perfect snack. ($1.50)



Go Raw Salad Snax Enjoy this incredibly tasty salad of seasoned dried veggies for 35 calories. ($5.50)



Biena Honey Roasted Chickpeas Skip honey roasted peanuts and crunch on these for more fiber and less sugar. ($4.50)



Crunchies Freeze-Dried Fruit, Strawberry Banana Just fruit—no added sugar. Bonus: They pack 60% of your vitamin C. ($5.50)

MEAT & MEAT ALTERNATIVES



Rebel Fish Salmon: Lemon, Pepper, Herb This zesty, perfectly flaky salmon fillet is fast food we can get behind, cooking in just 90 seconds. ($6)



Applegate Organics Chicken & Maple Sausage Eat three links for just 120 calories. ($6.50)



Wild Planet Organic Roasted Chicken Breast Open a can & voilà: easy, clean chicken salad. ($5.50)



Al Fresco Caramelized Onion Meatballs These flavorful chicken meatballs pack protein in few calories. ($8)



Eggland's Best Hard-Cooked Peeled Eggs Open a bag for a speedy snack or breakfast. ($3.50)



Nothing fishy about these **protein-packed, plant-based crab cakes**: They taste like the real deal and make a **great taco filling or salad topper**.

Gardein Crabless Cakes



Gardein Crabless Cakes These cakes taste like the real thing and use non-GMO soy, wheat, and canola. ($5)
V D W



Nasoya Chipotle TofuBaked Hard-to-find organic soy forms the base of this smoky and spicy tofu that's ideal for salads and stir-fries. ($4)
O V D G W



Lightlife Black Bean Burger Smart Patties Grill or pan-fry these patties for 10 g of protein from non-GMO soy and black beans. ($5)
V D W



Upton's Naturals Bar-B-Que Jackfruit Made from the flesh of a tropical fruit, this healthy, fiber-rich faux meat is a dead ringer for pulled pork. ($5)
V D G W



Laura's Lean Beef Organic Grass-Fed Jerky, Original This satisfyingly chewy, not-too-salty jerky is made from 100% grass-fed beef. ($8)
O D G W P



Epic Chicken Bits Better-for-you "bacon bits" have arrived! Add these to salads and omelets. Bonus: They're made from certified humane chicken. ($7)
D G P

DAIRY & DAIRY REPLACEMENTS



Kite Hill Plain Cream Cheese Style Spread Cultured almonds form the base of this delicious, spreadable dairy-free cream cheese. ($6)
V D G W



Organic Valley Grassmilk Yogurt Made with milk from 100% grass-fed cows, this yogurt packs high-quality, animal-based omega-3s. ($5)
O G



Stonyfield Organic Whole Milk Greek Yogurt Full-fat yogurt like this may lower your diabetes risk and help you eat fewer carbs. ($2)
O G



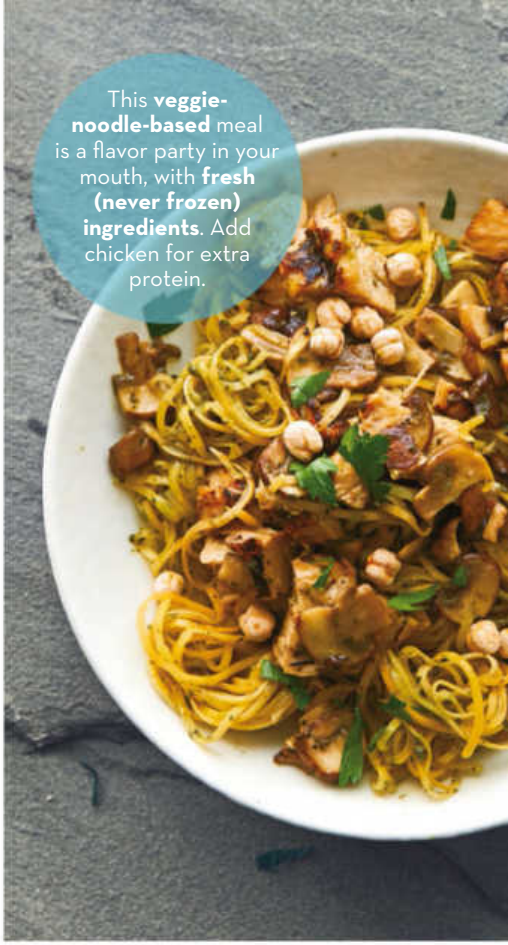
Kerrygold Dubliner Cheese Wedges Grass-fed cheese is no longer a dream with these creamy, clean wedges. ($4)
G



Unsweetened Vanilla Almond Breeze Almondmilk Cashewmilk Blend This ultracreamy, carrageenan-free blend packs just 25 calories. ($4)
V D G W P



Pacific Foods Coconut Non-Dairy Beverage With a dose of electrolytes, this is great for postworkout smoothies. ($3)
O V D G P



This **veggie-noodle-based** meal is a flavor party in your mouth, with **fresh (never frozen) ingredients**. Add chicken for extra protein.

ORGANIC RICED CAULIFLOWER: COURTESY OF TRADER JOE'S



BioChem 100% Whey Sugar-Free Protein Powder, Coconut The hunt for a grass-fed whey protein with no sugar ends here. ($27) G W

SIDE DISHES



Grainful Steel Cut Sides, Jambalaya Oats take on new life with a little spice. With 7 g of fiber, this is one filling side. ($6) V D G



Lundberg Butter & Chive Sprouted Risotto This combo of sprouted brown rice, milk, and herbs defines clean comfort. ($3.50) O G



Trader Joe's Organic Riced Cauliflower Finely grated florets make a yummy veggie base for grain-free "rice" dishes. ($2) O V D G W P



Earthbound Farm Organic Kale Caesar Salad Bagged salad isn't sad when it packs kale, sunflower seeds, Parmesan, and multigrain croutons. ($5.50) O W



Hilary's Mediterranean Veggie Bites Ancient grains, chickpeas, and veggies come together to create a lightened-up version of fried falafel. ($4.50) O V D G W



Horizon Classic Mac Single Serves Just add broccoli and this 3-minute throwback to childhood becomes a grown-up, preportioned meal or side when time is tight. ($4) W



Birds Eye Steamfresh California Style Protein Blend Enjoy a tasty, high-protein side with this blend of grains, legumes, and veggies. ($2) W



Hungryroot Rutabaga Noodles with Roasted Mushroom Pistou

READY-MADE MEALS



Red's Organic Chicken, Cilantro & Lime Burrito A clean, speedy lunch with 11 g of protein? Yes! ($2.50) O W



Hungryroot Rutabaga Noodles with Roasted Mushroom Pistou This low-carb veggie-noodle meal is done in 5 minutes and legitimately tastes gourmet. ($10) G W



MorningStar Farms Tuscan Greens & Beans Veggie Bowl With 14 g of protein and tons of veggies, this is one potent plant-based meal. ($4.50) G W



Luvo Chicken in BBQ Sauce with Millet Grits and Collard Greens Have a hankering for healthy down-home cooking? Satisfy it with this clean frozen go-to. ($5) G W



Evol Chicken with Rice, Beans, Veggies & Cheddar Fajita Cups These convenient cups give you Mexican on the go with 11 g of protein and only 170 calories. ($3) G W



Amy's Quinoa, Kale & Red Lentil Soup Whole grains, leafy greens, and protein-rich lentils—it's all here. ($3) O V D G W



Tío Gazpacho Clásico This sippable veggie soup is a perfect on-the-go alternative to sugar-filled smoothies. ($10) O V D G W P



Nona Lim Celery Root Soup Celery root melds perfectly with potatoes and warming ginger for a comforting, low-cal soup. ($6) V D G W

DESSERTS



Attune Toasted Coconut Probiotic Chocolate Bar Gut-friendly dark chocolate—what's not to love? ($5) V D G



Hungryroot Almond Chickpea Cookie Dough Made of chickpeas, almonds, and sweet potato, this superfood dish still tastes incredibly rich. ($6) V D G

Say hello to the tastiest guilt-free dessert you'll try. This **high-protein, low-sugar** ice cream tastes even better with **naturally sweetened** coconut chips.



Halo Top Chocolate Mocha Chip Ice Cream & Navitas Naturals Coconut Chips



Halo Top Chocolate Mocha Chip Ice Cream One creamy pint packs 24 g of protein and just 280 calories. ($5) G W



Zemas Sweet Potato Spice Cookies These well-spiced, hearty cookies are free of all eight major food allergens. ($6) V D G



Navitas Naturals Coconut Chips, Caramel These coconut slices have been toasted with coconut nectar for a rich, buttery crunch. ($3.50) O V D G P



EatPops, Glow Get a megadose of beta-carotene for glowing skin in this pop of carrots, mango, and pineapple. ($7 *for 3*) V D G W P

HEALTHY BARS



Manitoba Harvest Apple Cinnamon Hemp Heart Bar Sweet and spicy, this also gives you omega-3s and magnesium. ($3) V D



Two Moms in the Raw Cranberry Chia Crunch Granola Bar These have 100 calories of raw, enzyme-packed goodness in every pouch. ($6 *for 6*) O V D G W



Mamma Chia Maple & Pecan with Chia Vitality Bar With puffed ancient grains and only 4 g of sugar, this is earning back granola bars' healthy reputation. ($2) O V D G W



Exo Mango Curry Savory Meal Bar Cricket flour (really!) makes these both protein-packed and eco-friendly. ($3) D G W



Raw Rev Glo Peanut Butter, Dark Chocolate & Sea Salt Protein Bar This rich and creamy bar tastes way too decadent to have just 3 g of sugar. ($2) V D G W



Nature's Path Organic Mocha Cocoa Hazelnut Qi'a Bar This is basically a chewy, chia-and-hemp-infused take on a caffè mocha. ($2) O V D G W



Simple Squares Cho-Coco Bar This combo of nuts, coconut, and chocolate is like a superfilling trail mix in bar form. ($2.50) O V D G P



RxBar Pumpkin Spice Bar Packed with 12 g of egg-white protein and absolutely no added sugar, this satisfying bar is a burpee-loving Paleo dieter's BFF. ($2) G P

THE INTEGRATIVE MD ON...

Since calcium supplements don't protect my bones, should I toss 'em?





RECENT RESEARCH SUGGESTS that calcium intake has no significant impact on fracture prevention in people 50 and up. However, calcium is required for proper functioning of the heart, skeletal muscles, and nervous system. Women who don't consistently eat calcium-rich foods like leafy greens, organic dairy, broccoli, and sardines should consider 250 to 350 mg of calcium citrate supplements twice a day with meals. Men should get 500 mg from dietary sources alone, since some studies have linked very high calcium intake to an increased prostate cancer risk. I also suggest (except for people with disorders associated with too-high calcium levels, such as primary hyperparathyroidism) 2,000 IU of vitamin D_3. It is essential to calcium absorption, and deficiency is common.

ANDREW WEIL, MD, is founder and director of the Arizona Center for Integrative Medicine and a clinical professor of medicine at the University of Arizona. Send your questions for Dr. Weil to ***askdrweil@prevention.com***.

JAMES WORRELL/GETTY IMAGES. ILLUSTRATION BY LAUREN NASSEF

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The Eat Clean revolution has taken the world by storm, as we realize more and more that eating isn't about convenience or calories any more, it's about nourishing and healing yourself with **real food** that **tastes good**.

Prevention proudly honors those companies that are making strides in "cleaning up" their act, and charging ahead to create **satisfying**, **delicious** and **nourishing whole food options for you**. From a commitment to quality control, to a focus on sustainability or less ingredients, find out why these products ***truly matter*** to the future of your health.





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FROM SEED TO SHELF



WHY SHARING THE HEMP LOVE IS WHAT WE DO BEST

When it comes to hemp foods, **Manitoba Harvest**'s goal is to be involved at every level – from seed to shelf. We are tremendously proud to be the world's largest hemp food manufacturer to grow, make and sell our own line of hemp food products. We are committed to producing the highest quality hemp foods, educating consumers on the benefits of hemp, and striving to support sustainability.

Now let's get to the heart of the matter. Did you know **Manitoba Harvest Hemp Hearts** make eating clean deliciously easy? The Non-GMO Project Verified single ingredient soft small seeds taste like the lovechild of pine nuts and sunflower seeds (can you say yum?). With 10grams of plant-based protein and 10grams of omegas per 30grams serving, just sprinkle on cereal, yogurt, salad or smoothies, to get you energized for the day.

Once you start experimenting, the possibilities are endless! To discover delicious ways to incorporate hemp into your diet, visit **manitobaharvest.com**.



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FROM SEA TO LAND

WHY THE WILD WAY IS OUR WAY



It goes without saying that human survival is dependent upon the well-being of the earth's ecosystem. That's why **Wild Planet Foods** is committed to looking for ways to maximize the health and resources of our wild planet. Our goal is to educate and inspire consumers to make wise choices that will result in immediate health benefits for themselves and their families and a positive, long-term impact on our planet. That is the **WILD WAY**.

With our belief that a healthy planet is comprised of living water and living soil, we have expanded our product line to include our first land-based product – **Organic Roasted Chicken Breast**. This premium chicken is raised on an organic diet including non-GMO corn grown on land that is free of chemical fertilizers, herbicides and pesticides. We support this type of agriculture because what happens on the land ends up in the water. The support of organic farming is a step towards keeping our waterways and oceans healthy.

NEW FROM WILD PLANET

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Our pure, 100% chicken is roasted right in the can for clean, rich flavor, without added liquids or processing additives to drain. Moist, tender, versatile and ready to eat — mix up a chicken salad, fold into a burrito, stir into a soup. It's Wildly Good! **wildplanetfoods.com**

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Spice & Onion Chicken



SERVES 4
PREP TIME
10 minutes
TOTAL TIME
40 minutes + marinating time

1 lg yellow onion, grated
2 Tbsp freshly grated lemon zest
2 tsp ground cumin
1 tsp allspice
1 tsp kosher salt
½ tsp black pepper
2–4 bone-in, skin-on chicken breasts (about 2 lb total)

1. In large bowl, combine onion, lemon zest, cumin, allspice, salt, and pepper. Add chicken, cover, and marinate in refrigerator at least 1 hour and up to overnight.
2. Heat oven to 375°F. Lightly coat sheet pan with cooking spray. Remove chicken from marinade, pat dry, and place on prepared pan, skin side up. Discard marinade. Roast until meat thermometer registers 150°F when inserted into thickest part of chicken, about 20 minutes.
3. Heat broiler. Cook chicken until golden brown and meat thermometer reaches 165°F, 2 to 4 minutes.

NUTRITION (per serving) 334 cal, 39 g pro, 5 g carb, 1 g fiber, 2 g sugars, 17 g fat, 5 g sat fat, 598 mg sodium

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Get your doctor's approval before beginning any exercise or dietary program.

WOMEN OWNED

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Consumers Livid Over Rumors to Block the New AloeCure

Big Pharma stands to lose billions as doctors' recommend drug-free "health cocktail" that adjusts and corrects your body's health conditions.



Drug company execs are nervous. That's because the greatest health advance in decades has hit the streets. And analysts expect it to put a huge crimp in "Big Pharma" profits.

So what's all the fuss about? It's about a new "health enhancing cocktail" that's changing the lives of millions who use it. Some doctors call it "the greatest discovery since penicillin"! And their patients call it "a miracle!"

The name of the product is the AloeCure. And since it's completely drug-free; the product is available to anyone who wants it, at a reasonable price. But it won't stay like that forever. Not if Big Pharma has its way.

Digestion Drugs Can Cripple You!

Company spokesperson, Dr. Liza Leal; a leading integrative health specialist out of Texas recommends an AloeCure health cocktail before she prescribes any digestion drug. Especially after the FDA's stern warning about long-term use of drugs like Prilosec®, Nexium®, and Prevacid®. In a nutshell, the FDA statement warned people should avoid taking digestion drugs for longer than 14-days; you risk spine and hip damage. Most people take them for decades."

Dr. Leal should know. Many patients come to her with bone and joint complaints and she does everything she can to help them. One way for digestion sufferers to help avoid possible risk of tragic joint and bone problems caused by overuse of digestion drugs; is to take the AloeCure.

The secret to the AloeCure's "health adjusting" formula is aloe vera. This revolutionary strain of aloe is grown in special Asian soil; under very strict conditions. And despite its surprisingly pleasant taste, the AloeCure is so powerful it begins to benefit your health the instant you drink it. It soothes intestinal discomfort and avoids the possibility of bone and health damage caused by overuse of digestion drugs.

Rapid Acid and Heartburn Fix

At first, Aloe proved to have an astonishing effect on users who suffer with digestion problems like occasional acid reflux, heartburn, cramping, gas and constipation. But new studies prove it does a whole lot more.

Side-Step Heart Concerns

So you've been taking proton pump inhibitors for years and you feel just fine. A 2015 medical study showed long-term use of digestion meds may be a leading cause of heart damage. Getting off those meds and drinking the AloeCure daily, helps you support a healthy heart.

Helps Calm Down Inflammation

According to a leading aloe research scientist, the amazing plant compounds in Aloe have a powerful anti-inflammatory effect. So whether it's damage that is physical, bacterial, chemical or auto-immune; the natural plant compounds in aloe helps soothe inflammation— rapidly reducing redness, heat and swelling .

Unleash Your Memory

Studies show that your brain needs the healthy bacteria from your gut in order function at its best. Both low and high dosages of digestion drugs are proven to destroy that healthy bacteria and get in the way of brain function. So you're left with a sluggish, slow-to-react brain without a lot of room to store information. AloeCure's special formulation actually makes your gut healthier; so healthy bacteria flows freely to your brain so you think better, faster and with a larger capacity for memory.

Sleep Like A Baby

Nights without sleep can really damage your body and can lead to health problems. But what you may not realize is the reason why you're not sleeping. Some call it "Ghost Reflux". A low-intensity form of acid reflux discomfort that quietly keeps you awake in the background. A couple of teaspoons of the AloeCure will help you sleep more soundly and comfortably through the night.

Optimize Your Liver

Your liver cleans out your blood and neutralizes its toxins. Without it, your body would be overrun with deadly toxins and a frail immune system. Aloe helps neutralize and remove toxic acids from your bloodstream. Studies suggest, if you started taking aloe today; you'd see a big difference in the way you feel, in no time at all.

Risk Free Supply

The makers of AloeCure are excited to offer you a risk free supply. So you can get it into your hands, (before the drug companies force it off the market). Take advantage of this special opportunity to try the AloeCure in your own home for a full 60 days. Don't worry, it's completely risk-free.

If you don't see remarkable changes in your digestion, your body, and your overall health… Simply return it for a full refund less shipping and handling… No questions asked, ever! Just call 1-855-543-6924 to take advantage of this risk free offer before it's too late. This offer is limited to readers of this newspaper.

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THE POWER OF PULSES

Fresh flavors of the Mediterranean come together in this mouthwatering quesadilla from *Cookie + Kate* blogger Kate Taylor, who won the UN's competition to create a US signature dish for 2016, aka the International Year of Pulses (dried beans, lentils, and peas). Why pulses? The UN says that the high-fiber superfoods are the healthiest, most sustainable way to feed more people more protein.



KATE'S QUESADILLA

SERVES 2
TOTAL TIME: 15 minutes

In skillet over medium heat, warm 10" **whole grain tortilla** 30 seconds. Flip, warm 30 seconds more, then flip again. Sprinkle ¼ cup **shredded farmer cheese** on half tortilla; top with ¼ cup **cooked chickpeas**, 8 **sliced cherry or grape tomatoes**, 7 **sliced pitted kalamata olives**, and 2 Tbsp **chopped red onion**. Sprinkle another ¼ cup cheese over filling and fold empty tortilla half to enclose. Brush with **olive oil**; flip. Cook until underside is crisp, 1 to 2 minutes. Brush top with olive oil, flip, and cook until crispy, 1 to 2 minutes longer. Flip, then transfer to cutting board. Cool before slicing into wedges. Serve with **Greek yogurt** mixed with **dill**, **mint**, and **lemon juice**.

NUTRITION (per serving) 303 cal, 16 g pro, 29 g carb, 6 g fiber, 4 g sugars, 15.5 g fat, 6 g sat fat, 653 mg sodium



KATE TAYLOR is the author and recipe developer behind the popular vegetarian blog *Cookie + Kate*. Her recipe for roasted cauliflower and lentil tacos beat out submissions by professional chefs to become the national signature pulse dish. Her cookbook, *Love Real Food*, will be published in spring 2017.

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